




Product Spotlight: Peanut Butter


Peanut butter is a rich source of dietary fiber, vitamin E, pantothenic acid, niacin, and vitamin B6. Also high in content are the dietary minerals manganese, magnesium, phosphorus, zinc, and copper.



3 Dan Dan Noodles with Fried Eggs

Spicy peanut butter sauce, tossed through noodles and stir-fried vegetables, served with fried free-range eggs.

 30 minutes

 2 servings

 Vegetarian

5 November 2021

Sweeten it!

If you like a little bit of sweetness in your meals, add 1/2 tsp of maple syrup or sugar of choice to your sauce at step 1.

Per serve: **PROTEIN** 24g **TOTAL FAT** 32g **CARBOHYDRATES** 122g

FROM YOUR BOX

PEANUT BUTTER	1 slug
SHALLOT	1/2 *
CARROT	1
ZUCCHINI	1/2 *
BEAN SHOOTS	1 bag
NOODLES	1 packet
FREE-RANGE EGGS	4

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, pepper, soy sauce (or tamari), 1 garlic clove, sesame oil, ground cumin, dried chilli flakes

KEY UTENSILS

large frypan, saucepan

NOTES

We used sesame oil for extra flavour.

Reduce the amount of chilli if you want a milder dish.

Protein Upsize – protein upsize is 1 jar coconut bacon. Use as a topping to serve.



1. MAKE THE SAUCE

Bring a saucepan of water to the boil.

In a bowl whisk together peanut butter, **1 crushed garlic clove**, **1 1/2 tsp chilli flakes** (see notes), **3 tbsp soy sauce**, **1 1/2 tbsp oil**, **1/2 tsp cumin**, **3 tsp water** and **pepper**.



2. PREPARE VEGETABLES

Slice shallot and carrot. Cut zucchini into crescents. Set aside with beans shoots.



3. STIR-FRY VEGETABLES

Heat a frypan over medium-high heat with **oil** (see notes). Add shallot, carrot and zucchini to pan and cook, stirring, for 3-4 minutes. Add 1/2 bean shoots (reserve remaining for garnish) and cook for 1 minute. Remove from heat.



4. COOK THE NOODLES

Add noodles to boiling water. Cook according to packet instructions. Drain and rinse with cold water. Toss through vegetables along with 1/2 sauce. Remove stir-fry to serving bowls.



5. FRY THE EGGS

Reheat frypan over medium-high heat with **oil**. Crack eggs into pan and cook to your liking.



6. FINISH AND SERVE

Top stir-fry with fried egg and reserved bean shoots. Drizzle over remaining sauce and extra **chilli flakes** to taste.

How did the cooking go? We'd love to know – help us by sharing your thoughts! Go to the **My Recipes** tab in your **Profile** and leave a review! Text us on **0481 072 599** or send an email to **hello@dinnertwist.com.au**

