



Product Spotlight: Konjac Noodles


Konjac noodles are made from a fibre that comes from the root of the konjac plant. They have very little flavour which is great for tossing through a salad with sauce or into a broth!



3 Golden Curried Noodles

Konjac noodles tossed in a golden curry sauce, served with roasted vegetables and lime wedges. Topped with coconut and peanuts.

 35 minutes

 2 servings

 Vegetarian

15 October 2021

Stir-fry!

Instead of roasting the vegetables, cut them into small pieces and stir-fry in a frypan. Toss through noodles and sauce.

Per serve: **PROTEIN** 9g **TOTAL FAT** 27g **CARBOHYDRATES** 30g

FROM YOUR BOX

CARROT	1
BETROOTS	3
SPRING ONIONS	2
KONJAC NOODLES	1 packet
GARLIC CLOVE	1
GINGER	1 piece
LIME	1
COCONUT MILK	165ml
GREEN BEANS	1/2 bag (75g) *
COCONUT AND PEANUT MIX	1 packet (40g)

**Ingredient also used in another recipe*

FROM YOUR PANTRY

oil for cooking, salt, pepper, curry powder, ground turmeric

KEY UTENSILS

saucepan, oven tray, kettle

NOTES

We used coconut oil for extra flavour.

Protein upsize - protein upsize is **250g sauerkraut**. Use sauerkraut as a topping, or toss through noodles and sauce to warm.



1. ROAST THE VEGETABLES

Set oven to 220°C. Boil the kettle.

Chop carrot and wedge beetroots. Cut spring onions (reserve green tops for garnish). Toss on a lined oven tray with **oil**, **1 1/2 tsp turmeric**, **salt and pepper**. Roast for 20–25 minutes until tender.



2. COOK THE NOODLES

Drain liquid off noodles. Add noodles to bowl. Soak in hot water from kettle for 1 minute and drain again.



3. MAKE THE SAUCE

Heat a saucepan over medium-high heat with **oil**. Crush garlic cloves and grate ginger. Zest lime to yield 2 tsp, wedge remaining. Add to saucepan along with **2 tsp curry powder**. Sauté for 1 minute. Pour in coconut milk and **1/2 tin water**. Simmer for 5 minutes. Season with **salt and pepper**.



4. TOSS THE NOODLES

Trim green beans and cut into thirds. Add to sauce along with noodles. Cook for 2–3 minutes until green beans are tender.



5. FINISH AND SERVE

Thinly slice spring onion green tops. Divide noodles among bowls. Top with roasted vegetables. Garnish with coconut and peanut mix, lime wedges and spring onion green tops.

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

