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## Vegetable Stir-Fry

with Sweet Chilli Sauce



20-30min



4 Portions

This hearty meat-free main has lots of flavour and fun happening! Get ready to twirl your fork into the delicate, tasty noodles and savour the beautiful crunchy veggies and tasty stir-fry sauce.

## What we send

- fried shallots
- stir-fry sauce mix (sweet chilli sauce, vegetarian oyster sauce)
- ginger, garlic, coriander, long red chilli
- lime
- snow peas
- baby corn
- carrot
- sesame oil <sup>11</sup>
- egg noodles <sup>1,3</sup>

## What you'll require

- eggs <sup>3</sup>
- soy sauce <sup>6</sup>
- vegetable oil

## Utensils

- Colander
- grater
- Kettle
- wok or deep frying pan
- Our veggies come straight from the farm, so please wash them before cooking.

## Allergens

Gluten (1), Egg (3), Soy (6), Sesame (11). May contain traces of other allergens.

## Nutrition per serving

Energy 780.0kcal, Fat 17.4g, Proteins 36.3g, Carbs 114.0g



### 1. Cook noodles

Bring a kettle to the boil. Separate  $\frac{2}{3}$  of the **noodles** (reserve remainder for another use) and place in a heatproof bowl. Cover with boiling water and stand for 1 min. Drain and return to the bowl. Add the **sesame oil** and toss to coat.



### 4. Stir-fry veggies

Heat 1 tbs **vegetable oil** in the same pan over medium heat. Stir-fry the **garlic** and **ginger** for 30 secs or until fragrant. Increase the heat to high. Add the **carrot** and 2 tbs water and stir-fry for 2 mins or until carrot starts to soften, scraping the base of the pan to prevent garlic burning.



### 2. Prepare ingredients

Peel and finely grate the **ginger** (you need 2 tsp). Finely chop the **garlic**. Cut **carrots** into matchsticks. Drain and rinse the **baby corn**, then cut in half on the diagonal. Halve the **snow peas** lengthwise. Pick the **coriander** leaves (discard stems). Thinly slice the **chilli**.



### 5. Finish cooking veggies

Add the **baby corn** and stir-fry for 1 min. Add the **snow peas** and stir-fry for 1-2 mins until vegetables are just tender.



### 3. Make omelettes

Lightly beat 2 **eggs** in a small bowl. Heat 1 tbs **vegetable oil** in a wok or large frypan over medium heat. Add half the egg and swirl to coat base of pan. Cook for 1 min or until just set. Transfer to a board and repeat with remaining egg to make 2 thin omelettes. Roll up each omelette.



### 6. Get ready to serve

Thinly slice the **omelettes**. Juice the **lime** and combine 2 tbs juice with the **sweet chilli sauce mix** and 1 tbs **soy sauce**. Add to the pan with the **noodles** and stir-fry until well coated. Serve sprinkled with omelette, **fried shallots** and **coriander**. Add **chilli** to the parents' serve.