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Zoodle Cashew Stir-Fry

with Snow Peas and Carrots



30-40min



4 Portions

Zoodles (zucchini noodles) are the big new thing in healthy eating, and for good reason! They're the perfect low-carb noodle in this tasty satay veggie stir-fry.

What we send

- sesame oil ¹¹
- peanut butter ⁵
- zucchini
- lime
- snow peas
- red capsicum
- roasted cashews ¹⁵
- carrot
- garlic
- onion

What you'll require

- soy sauce ⁶
- vegetable oil

Utensils

- mandoline (optional)
- paper towel
- small frypan
- small saucepan

Our veggies come straight from the farm, so please wash them before cooking.

Cooking tip

For a smooth peanut butter, massage the packet before opening it.

Allergens

Peanuts (5), Soy (6), Sesame (11), Tree Nuts (15). May contain traces of other allergens.

Nutrition per serving

Energy 500.0kcal, Fat 26.5g, Proteins 19.2g, Carbs 38.1g



1. Prepare ingredients

Finely chop the **onion** and **garlic**. Cut the **carrots** into long batons using a mandoline (or, if using a knife cut into 3mm-wide strips lengthwise, then cut into thin batons). Coarsely chop the **cashews**. Deseed and thinly slice the **capsicum**. Trim the **snow peas** and cut lengthwise into strips. Zest and juice half the **lime**. Cut the remaining half into wedges.



4. Stir-fry vegetables

Heat 1 tbs **vegetable oil** in a wok over medium-high heat. Stir-fry the **garlic**, **onion** and **carrot** for 5 mins or until fragrant and carrot is slightly soft. In a separate small cold frypan, add the **cashews** and toast over medium heat for 3-4 mins until golden.



2. Make zoodles

Using a spiraliser, mandoline or shredder, cut the **zucchini** into noodles (or thinly slice the zucchini lengthwise, then cut into thin noodles). Drain on paper towel.



5. Finish vegetables

Add the **capsicum** and **snow peas** to the wok and stir-fry over medium heat for 3 mins or until just tender. Pour the **sauce** over the **vegetables** and stir-fry for 3-5 mins until sauce thickens. Transfer to a large bowl and cover to keep warm. Wipe the wok clean.



3. Make sauce

Place the **peanut butter** (see cooking tip), 1 tbs **lime juice**, 1 tsp **zest**, 1 tbs **brown sugar**, 1 tbs **soy sauce** and 100ml water in a small saucepan. Stir over medium heat for 4 mins or until combined and heated through, being careful that the peanut sauce does not boil.



6. Stir-fry zoodles

Add 2 tsp **vegetable oil** to the wok and stir-fry the zoodles for 2-3 mins until tender. Toss through 1 tbs **soy sauce** and the **sesame oil**. Divide zoodles amongst bowls and top with the stir-fried veggies. Garnish with **cashews** and serve with **lime wedges**.

Customer Service: **02 6145 2910** Email: contact@marleyspoon.com.au

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