

DINNERLY



Veggie Noodle Stir-Fry with Teriyaki Sauce



20-30 minutes



4 Servings

Take some soba noodles, stir-fry capsicum, zucchini, cabbage and carrots, then toss everything together with teriyaki sauce for one seriously delicious Asian dinner – all on the table in the blink of an eye.

WHAT WE SEND

- zucchini
- soba noodles¹
- wombok cabbage
- red capsicum
- carrot
- teriyaki sauce^{16,17}

WHAT YOU NEED

- garlic clove
- vegetable oil

TOOLS

- large saucepan

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

ALLERGENS

Gluten (1), Soy (6), Sulphites (17). May contain traces of other allergens.

NUTRITION PER SERVING

Energy 475kcal, Fat 9.5g, Carbs 83.6g, Proteins 11.0g



1. Prep vegetables

Bring a large saucepan of salted water to the boil for the noodles. Meanwhile, trim the ends of the **zucchini**. Peel the **carrots**. Using a vegetable peeler, peel the zucchini and carrot into thin ribbons.



2. Shred cabbage

Thinly slice the **capsicums**, discarding the seeds and membrane. Finely shred the **cabbage**. Crush or finely chop **2 garlic cloves**.



3. Cook noodles

Cook **4 bundles of noodles** (reserve remainder for another use) in the pan of boiling water for 4 mins or until tender. Drain, rinse under cold running water and set aside.



4. Stir-fry vegetables

Heat **2 tbs vegetable oil** in a wok or large deep frypan over medium-high heat. Stir-fry the **carrot, garlic** and **capsicum** for 2 mins. Add the **zucchini** and **cabbage** and stir-fry for a further 1-2 mins until softened.



5. Serve up

Add the **noodles** and **teriyaki sauce** and stir-fry for 1-2 mins until the noodles are warmed through and the vegetables and noodles are coated in the sauce. Divide the **stir-fry** among bowls to serve.



6. Kitchen hack

For flavoursome crunch, scatter over chopped roasted cashews or almonds, or toss in sliced spring onion.