

DINNERLY



Vegetable Noodle Stir-Fry with Omelette Strips



20-30 minutes



4 Servings

Chop some veggies, boil egg noodles, stir-fry with Japanese tonkatsu sauce and top with omelette strips. Serving a family-friendly Asian meal is quick and easy.

WHAT WE SEND

- 1,3
- 6

WHAT YOU NEED

- boiling water
- eggs ³
- garlic clove
- soy sauce ⁶
- vegetable oil

TOOLS

- fine grater
- large saucepan
- deep frypan or wok

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

ALLERGENS

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

NUTRITION PER SERVING

Energy 480kcal, Fat 22.6g, Carbs 45.9g, Proteins 18.6g



1. Prep ingredients

Bring a large saucepan of water to the boil for the noodles. Crush **3 garlic cloves**. Peel and finely grate **ginger**. Peel **carrots**, halve lengthwise, then thinly slice on an angle. Thinly slice **capsicums**, discarding seeds and membrane. Trim **pak choy**, then coarsely chop stems and leaves, keeping them separate. Trim **beans**, cut in half on an angle.



2. Cook noodles

Cook the **noodles** in the pan of boiling water for 3-4 mins until tender. Drain, then rinse under cold running water to prevent the noodles sticking.



3. Cook omelette

Meanwhile, beat **3 eggs** and **2 tsp soy sauce** in a small bowl. Heat **2 tbs vegetable oil** in a large deep frypan over medium-high heat. Add the egg mixture, swirling to coat the base of the pan, then cook for 2 mins or until set on the bottom. Flip out onto a board, roll up and slice.



4. Stir-fry vegetables

Heat **2 tbs vegetable oil** in the same pan over medium-high heat. Stir fry-the **ginger** and **garlic** for 30 secs or until fragrant. Add the **carrot, capsicum, beans** and **pak choy stems** and stir-fry for 2-3 mins. Add the **pak choy leaves, tonkatsu sauce** and **2 tbs soy sauce** and stir-fry for 1 min or until the leaves are wilted.




5. Serve up

Add the **noodles** to the pan and stir-fry for 1 min or until the noodles are warmed through. Divide the **vegetable noodle stir-fry** among bowls, scatter over the **omelette strips** and enjoy.



6. Make it yours

Drizzle 2 tsp sesame oil over the noodles when combining with the vegetables for another hit of flavour or scatter over thinly sliced red chilli to serve.

Questions about the recipe? Customer Service: **02 9056 7570** Email: hi@dinnerly.com.au
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 Packed in Australia
from at least 75%
Australian ingredients