

# Crunch Peanut Stir-fry

Cook Time: 10 mins



## Ingredients & Preparation

- **Pepper** – deseeded & finely sliced
  - **Carrot** – sliced into fine batons
  - **Ginger** – use 1" finely chopped / grated approx. (10g)
  - **Garlic clove** – finely chopped
  - **Mushrooms** – washed & finely sliced
  - **Red Chilli** – finely sliced
  - **Light Soy Sauce**
  - **Sesame Oil**
  - **Peanuts**
  - **Free range Egg Noodles**
- Required: oil for stir-frying



## Cooking Instructions

1. Bring a pan of water to the boil, add the **noodles** and cook for 4 mins or until soft then drain.
2. Crush the **peanuts** by using a pestle and mortar or electric chopper or you can place the peanuts in a bag and use a rolling pin to crush the peanuts.
3. Add 1 tbsp oil to a wok or large frying pan and heat on high. Next add the **ginger, garlic, chilli, carrot** and **pepper** and cook for 2 mins stirring constantly. Next add the sliced **mushrooms** and cook for a further 2 mins
4. Add the drained noodles to the work, now stir through the **soy** sauce and **sesame oil**.
5. Serve the stir fry vegetables and noodles in a bowl and sprinkle with the crushed peanuts.



## Nutritional Information

### Nutrition information typical values

Nutrient:	per 100g	per serving (450g)
Energy	628kJ / 149kcal	2824kJ / 672kcal
Fat	4.8g	21g
of which saturates	0.8g	3.4g
Carbohydrate	20g	90g
of which sugars	1.6g	7.1g
Protein	5.4g	24g
Salt	0.38g	1.7g

### Crunchy Peanut Stirfry

#### DIETARY & ALLERGEN INFORMATION:

**CONTAINS** Wheat, Peanuts, Eggs, Sesame, Soya

Made in a facility that also handles: celery, cereals containing gluten, egg, lupin, milk, mustard, nuts, peanuts, sesame seeds, soya, sulphites.

For More Information  
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