



READY TO COOK
BY HARRIS FARM

CREATE THIS MEAL WITH...
DAVE'S RECIPE BOX

WONTON STIR FRY NOODLES WITH SEASONAL VEGETABLES & BLACK BEAN SAUCE



PREP
10 min



COOK
30 min



SERVES
4

INGREDIENTS:

- > 1 Red Capsicum
- > 1 Lemon
- > ½ Shallots Bunch
- > 1 Broccoli
- > 200g Cup Mushrooms
- > 210ml Black Bean Sauce
- > 375g Fresh Wonton Noodles
- > 4 Eggs

WHAT YOU'LL NEED FROM YOUR PANTRY:

- > Cooking Oil
- > 1½ Tbsp Sweet Chilli Sauce

METHOD – GET COOKING!



1 Bring a large pot with salted water to the boil.

Cut the red capsicum into 3cm pieces and the broccoli into small florets. Cut the roots off the shallots, then cut into 3cm batons. Finely slice the green tips and reserve for garnishing. Set all ingredients aside.

2 Bring a large frying pan or wok to high heat, drizzle cooking oil and sauté the red capsicum for 3 minutes until golden brown. Add the shallot batons and cook for another minute. Remove ingredients from the pan and set aside.

In the same pan, drizzle more cooking oil and sauté the mushrooms for 5 minutes until softened and golden. Set aside with the capsicum.

Lastly, add the broccoli florets and cook for 3-5 minutes. Add back all the sauteed vegetables and toss through. Add ½ the black bean sauce, sweet chilli sauce, juice of ½ a lemon and a ¼ cup of water to the pan. Mix through well, bring to the boil and then turn off the heat.

3 Separate the noodles by hand and then cook in the boiling water for 2-3 minutes or until softened. Drain well and add to the vegetables.

Toss through the remaining black bean sauce and garnish with some of the green tips from the shallots.

4 Cook the eggs in a large frying pan on medium high heat with a generous amount of cooking oil until crispy or as desired.

Serve wonton stir fry noodles with vegetables and eggs.

CHEF'S TIPS FOR COOKING AND LEFTOVER...

- Use leftover black bean sauce on any meats or another stir fry meal.

For more recipe ideas, check out our website: <https://www.harrisfarm.com.au/recipes>



FEEDBACK OR QUESTIONS?

Shoot us an email at:
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