

THAI 'DRUNKEN NOODLES' STIR FRY

WITH SAUTEED VEGETABLES, EDAMAME BEANS,
& ROASTED CASHEWS

4



YUM JAR

ALL TASTE
ZERO WASTE

METHOD

1. Bring a large pot of water with a pinch of salt to boil, then turn off the heat. Submerge the Flat Rice Noodles in the hot water for 1 minute, stir, then quickly drain and rinse under cold water to prevent over-cooking. Set aside until later.

2. Wash the vegetables well and pat dry. Chop any stalks off the green beans and chop them into pieces around 3-4 cm long. Slice the Red Capsicum in half through the stalk and remove the stalk and seeds. Slice thinly into pieces around 3 cm long. Peel the Carrot and slice into thin semi circles. Thinly slice Spring Onions on a sharp angle and set aside any green parts for garnish.

3. Drizzle some oil into a frying pan or wok, and set to a high heat. When the oil is hot, add the vegetables and fry, stirring, for 1-2 minutes or until just turning golden at the edges and the capsicum and green beans are vibrant in colour. Reduce the heat to medium and pour in the Drunken Noodles Sauce with Edamame Beans. Stir in the vegetables and bring to a simmer. Simmer a further 1-2 minutes,

then turn off the heat. Add the drained noodles and stir into the sauce to coat well.

4. To serve, plate up the Drunken Noodles in dinner bowls, topped with some Roasted Cashews, the green spring onions, and a handful of freshly cut and rinsed micro herbs.

Optionally, garnish with some freshly sliced red or green chili to add spice.

INGREDIENTS

Per 1 serve: you will use 2x or 4x this amount

70g Flat Rice Noodles
60g Green Beans
1/4 Red Capsicum
1/4 Carrot
1/2 Spring Onion
3/4 Cup Drunken Noodles Sauce with Edamame Beans
1 Tbsp Roasted Cashews

EXTRAS

(not supplied)

Salt, pepper, sesame/coconut/vegetable oil.
Optional: fresh red or green chili, chopped into thin slivers for garnish.

JAR INGREDIENTS

Drunken Noodle Sauce: sesame oil, onion, garlic, ginger, lemongrass, red chili, red capsicum, carrot, tomato paste, rice vinegar, gluten free soy sauce, takara hon mirin, house-made vegetable stock, cornstarch, lime juice, Thai basil, garlic chives, edamame beans.

ALLERGENS

Sesame, soy, tree nuts.