



# VEGGIE-FILLED PEANUT NOODLE STIR-FRY

FAST. EASY. FRESH.

**1.** Start by bringing a large pot of salted water to a boil. Add the **thin noodles** and cook for 3 minutes, or until al dente. Drain and rinse with cold water then set aside.

**2.** Prep your ingredients. Thinly slice the **green onions** and peel and mince the **garlic**. Peel and slice the **carrots** into thin slices, chop the **broccoli** into bite-sized florets, de-seed and thinly slice the **bell peppers**, and roughly chop the **baby bok choy**. Roughly chop the **peanuts**.

**3.** Heat the **olive oil** in a large pan over medium heat. Add the **green onions** and **garlic** and cook until lightly golden, about 1-2 minutes. Next, add the **carrots** and **broccoli** to the pan and cook for further 8-10 minutes.

**4.** Meanwhile, make the peanut sauce. In a small bowl, whisk together the **natural peanut butter**, **soy sauce**, **maple syrup**, **sriracha**, **hot water**, and juice from one of the **lemons**. Season with a pinch of **salt** and **pepper** to taste.

**5.** Next, add the **sweet bell pepper** and **bok choy** to the pan. Cook for a further 5 minutes. Then add the **peanut sauce** and the **thin noodles** (rinse with water again before adding to loosen them slightly) and toss lightly until well coated. If you feel like the sauce is too thick add a couple of tablespoons more water.

**4.** To serve, spoon the noodle stir-fry into dishes and garnish with chopped **peanuts** and an extra squeeze of **lemon juice**. Enjoy!



## Ingredients (4 Servings – 980 Calories Per Serving)

Green Onions	6 Stalks	Natural Peanut Butter	1 Cup
Garlic	6 Cloves	Soy Sauce	¼ Cup
Olive Oil	2 Tbsp.	Maple Syrup	1 Tbsp.
Carrots	2	Sriracha	2 Tbsp.
Broccoli	1 Large	Lemons	2
Sweet Bell Peppers	2	Hot Water	½ Cup
Baby Bok Choy	4 Heads	Peanuts	½ Cup
Thin Noodles	400 g	Salt and Pepper	To taste

**30** Minute  
Cook  
Time!