



Veggie Teriyaki Noodles

with optional egg and sesame seed garnish

Family Veggie 25-30 mins • Optional spice

9



Egg Noodles



Teriyaki Sauce



Mushrooms



Scallion



Pak Choi



Sesame Seeds



Onion



Ginger



Garlic



Lime



Red Thai Style Paste

Pantry Items: Salt, Oil, Pepper, Water, Egg (Optional), Sugar

Before you start

Our fruit, veg and herbs need a wash before you use them!

We recommend reading the recipe in full before beginning to cook.

Cooking tools you will need

Grater, pan with lid, sieve

Ingredients

	2P	4P
Egg Noodles	150 g	300 g
Teriyaki Sauce	1 sachet	2 sachets
Mushrooms	250 g	500 g
Scallion	2 units	4 units
Pak Choi	1 unit	2 units
Sesame Seeds	1 sachet	2 sachets
Onion	1 unit	2 units
Ginger	1 unit	2 units
Garlic	1 unit	2 units
Lime	1 unit	2 units
Red Thai Style Paste	1 sachet	2 sachets

Nutrition

	Per serving	Per 100g
for uncooked ingredients	460.5 g	100 g
Energy (kJ/kcal)	2108.7 kJ/ 504 kcal	457.9 kJ/ 109.4 kcal
Fat (g)	9.3 g	2 g
Sat. Fat (g)	0.7 g	0.2 g
Carbohydrate (g)	88.5 g	19.2 g
Sugars (g)	19.3 g	4.2 g
Protein (g)	19.8 g	4.3 g
Salt (g)	5.1 g	1.1 g

Nutrition for uncooked ingredients based on 2 person recipe, excludes Pantry Items.

Allergens

For allergen information please refer to the website or individual ingredient labels.

Please check the ingredients you already have at home to ensure that they are safe for your allergen and dietary needs.

Wash your hands before and after handling ingredients. Wash fruit and vegetables, but not meat. Use different chopping boards and utensils for raw and ready-to-eat foods or wash these in between uses.

Contact

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Get Prepped

- Roughly chop the **mushrooms**.
- Halve, peel and thinly slice the **onion**.
- Halve the **lime**.
- Peel and grate the **garlic** (or use a garlic press) and **ginger**.
- Trim and thinly slice the **scallion**.

TIP: Use a teaspoon to easily scrape away the ginger's peel.



Stir in the Sauce

- Trim the **pak choi**, separate the leaves and halve each leaf lengthways.
- Add the **pak choi** to the veg. Cook until softened, 2-3 mins.
- Stir in the **teriyaki sauce**, **red Thai paste** (use less to make it less spicy for kids), the juice of **half the lime** and 100ml **water** (double for 4p). Mix carefully.
- Season with **salt**, **pepper** and **sugar**—all to taste.
- Stir in the **egg noodles**, cover and cook, 1-2 mins.

TIP: Add a splash of water if the sauce is too thick.



Fry the Veg

- Place a pan over medium heat (no oil). Boil a pot of **salted water** for the **noodles**.
- Once the pan is hot add the **sesame seeds** and dry-fry, stirring regularly, until lightly toasted, 2-3 mins. Remove from the pan and set aside.
- Return the (now empty) pan to high heat with a good glug of **oil**.
- When hot, fry the **onion**, **garlic**, **ginger**, and **mushrooms** until fragrant, 7-8 mins.

TIP: If you're in a hurry you can boil the water in your kettle.



Cook the Optional Egg

- Meanwhile, place a separate pan over medium-high heat with a drizzle of **oil**.
- Once hot, fry the **eggs** (1 per person), until the white is cooked and the yolk is your desired firmness, 4-5 mins.



Cook the Noodles

- When the **water** is boiling, cook the **noodles** until softened, 4-6 mins.
- Drain in a sieve and return to the pot (off the heat).
- Drizzle with **oil** and toss to prevent sticking.



Garnish and Serve

- Share the **noodles** between your bowls.
- Top with your fried **egg**, seasoned with **salt** and **pepper**.
- Sprinkle with **sesame seeds** and sliced **scallion**.
- Chop any remaining **lime** into wedges and serve alongside.

Enjoy!