

SPICY VEGGIES & RICE NOODLES

APPROX 511 KCAL PER SERVING BASED ON FOUR SERVINGS

£2.87 **£11.51***

PER SERVING BASED
ON FOUR SERVINGS

TOTAL COST APPROX

— BE —
PORTION
SIZE
— WISE —



GOT LEFTOVERS?

COOL IT AND POP IT IN A FREEZER PROOF CONTAINER.
CAN BE FROZEN FOR UP TO A MONTH.

INGREDIENTS SERVES 4-6

Sauce

- 300ml water
- 1 tablespoon sesame oil
- 3 tablespoons crunchy peanut butter
- 2 tablespoons chilli jam or 4 tablespoons sweet chilli sauce
- 2 tablespoons soy or tamari sauce
- 6 tablespoons coconut milk

Noodles

- 3 tablespoons sesame oil
- 4 bundles rice noodles, approx 200g
- 125g baby sweetcorn, or 200g tinned or frozen sweetcorn
- 2 medium carrots, thinly sliced
- 1 medium red onion, halved and thinly sliced
- 3 cloves garlic, finely chopped
- Green vegetables, such as chopped green beans, broccoli, cabbage 50g chopped peanuts and coriander to sprinkle on top when serving (optional)

METHOD

- Add all your sauce ingredients in to a mixing jug, add 300ml water & 1 tablespoon oil and mix together well. Set aside while you prepare the vegetables
- Cook the rice noodles following the packet instructions, then drain them in a colander and toss them in a little sesame oil to prevent them from sticking together. You do not want the noodles too soft, but still al dente, as they will be heated again in the vegetables and sauce at the end
- To prepare the vegetables, heat 2 tablespoons of sesame oil in a large frying pan with deep sides (or a wok or big saucepan). Stir fry all the vegetables together for about 3 minutes on a medium to high heat
- Add chopped garlic
- Pour the sauce onto the vegetables in their pan and simmer gently for 4-5 minutes, until the vegetables are cooked through but still have a good bite to them – not too soft
- Now stir in the cooked rice noodles. Mix together well and heat through. Serve this hot garnished with chopped peanuts and chopped coriander

*Cost excludes store cupboard items such as oil, seasonings and spices

RECIPE COURTESY OF HELEN MOYES, HEART OF DERBYSHIRE ADULT EDUCATION TUTOR.

