

Honey soy vegetable noodles

Preparation time

15 minutes

Cooking time

15 minutes

Serves

4

Recipe courtesy of



Ingredients

Method

Nutrition

1 tbsp sunflower oil

2 cloves garlic, crushed

2 medium carrots, sliced

1 large red capsicum, seeded and sliced

1 cup baby corn

1 bunch broccolini, chopped

1 bunch bok choy, chopped

1/4 cup soy sauce (salt reduced)

1 tsp fish sauce
2 tbsp honey
450g fresh Hokkien noodles
1/4 cup toasted cashews

1. Heat oil in a wok or frying pan.
2. Stir fry garlic, carrots, capsicum, corn, broccolini and bok choy for 2 minutes.
3. Stir in soy sauce, fish sauce and honey and stir fry for a further 2 minutes.
4. Add noodles and cashews and stir fry until hot.

Nutritional information is provided per serve

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|---------------|-----------------------|
| Energy | 1561kJ (373 calories) |
| Protein | 14g |
| Saturated Fat | 2g |
| Total Fat | 10g |
| Carbohydrates | 53g |
| Sugars | 21g |
| Dietary Fibre | 9 |
| Sodium | 1015mg |