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

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