

Veggie Noodles in Peanut Sauce

Fantastic if you need a quick and easy meal after a long day, these noodles are also a great way to use your veggie odds & ends, and help you get your 5-a-day!

Makes: 4 portions

Time: approx. 20 minutes total



INGREDIENTS

Peanut Sauce

6 tbsp of peanut butter

2 tbsp of soy sauce

2 tbsp of honey (or 1 tbsp of sugar)

1 tbsp of lemon juice (fresh or from a bottle)

1 tbsp of sesame oil (optional but delicious)

10 tbsps of water

Stir-fry

2 tbsp veg oil

1 head of broccoli, cut into florets around 2.5cm in size. To use the stalks, remove any tough edges and cut slices of 0.5cm.

10g ginger root, finely chopped or grated

2 cloves of garlic, sliced

2 small carrots, cut into little sticks

3-4 spring onions, chopped

4 nests of noodles

Use up your veggie odds and ends:

...just be sure to cut them to a similar size for cooking

Substitutions (in case you don't have/like all the ingredients)

No broccoli? Try cauliflower, Brussels sprouts or cabbage.

No carrots? Try turnip, beetroot or parsnips.

No spring onions? Try very thinly sliced leek or celery.

For a protein boost: Add thinly sliced chicken, beef, tofu, or a can of chickpeas.



5. Once cooked, drain the hot water off the noodles and run them under cold water to stop them cooking. Set aside.



7. Keep the veg moving and cooking for a few minutes then add the spring onions, peanut sauce and noodles. (If your frying pan is too small, mix the peanut sauce into the noodles in the pan they were cooked in. Everything can be put together on the plate).



6. Heat the oil in your biggest frying pan over a medium heat. Add the broccoli and cook for a few minutes. Keep it moving. Add the carrots, garlic and ginger. It should sizzle but the garlic shouldn't burn. (If the pan is too hot, turn down the heat and add a splash of water).



8. Serve and enjoy!

Serving suggestions:

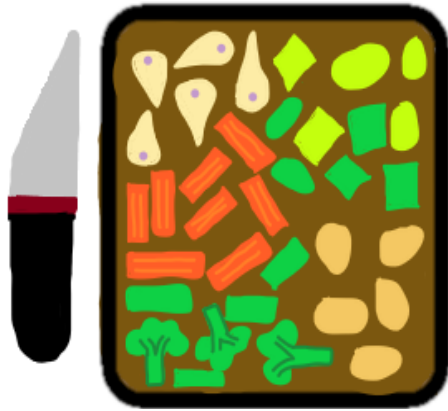
Drizzle with chilli sauce or soy sauce.

Top with fresh chilli, sesame seeds or coriander leaves.

Veggie Noodles in Peanut Sauce



1. Make the peanut sauce by adding the ingredients into a bowl, and whisking them together with a fork. Set aside to use later on.



2. Make sure your veg is prepared. The cooking is very fast when you get started.



3. Boil the kettle, add the boiling water to a saucepan, and place on the hob.



4. Cook the noodles according to the instructions on the packet. Normally, you can boil them for around 5 minutes or even just sit them in boiling water without the heat on for about 20 minutes.

Recipe info

Typical ingredients cost: £2.51

Typical fuel cost: £0.03 gas / £0.13 electric

This collection of recipes has been created by staff and volunteers at The Roundhouse Community Kitchen in Dundee. We turn unwanted food into tasty meals that support people when they need it. We want to encourage a love of great, home-cooked food, to nourish bodies, save pennies and share skills.

We'd love to see what you've been whipping up in your kitchen. Share photos, tips and questions with us on facebook or Instagram.

We are @roundhousekitchen

Enjoy your kitchen!

