



## Asian Greens Stir-fry with Shredded Carrot & Crunchy Peanuts

**Bok choy, a member of the cabbage family, is a staple of many Asian dishes and particularly of Chinese food, where it's a common element of many stir-fry dishes. Baby bok choy, which we use in this dish, is not only a smaller variety, but is also more tender and cooks faster. Perfect for your dinner!**

### Ingredients

- Sugar Snap Peas
- Bok Choy
- Onion
- Fresh Coriander
- Ginger
- Peanuts
- Carrot
- Egg Noodle Nest
- Soy sauce

### Your Pantry

- Olive Oil
- Salt

### Nutritional Info

Calories: 343 kcal  
Carbohydrates: 57 g  
Protein: 13 g  
Fat: 4 g

### Allergens


Nuts (Peanuts)  
Egg (Noodles)  
Soybeans (Soy Sauce)  
Wheat (Noodles, Soy Sauce)

Your ingredients were carefully packed on a premises that stores and portions other allergens. Such as cereals containing gluten, seeds, nuts, soy products, dairy etc. Every effort is made to avoid cross contamination but please be aware of this if cooking for somebody with a severe allergy.



## METHOD

*Read the entire recipe from start to finish. Trust us! You'll be more familiar with the steps and cooking the dish will be a stroll in the park. Before you begin give the vegetables a quick rinse.*



### 1) **Prepare the onion & ginger**

Thinly slice the onion. Grate about 1 teaspoon of ginger per person.

### 2) **Prepare the carrot & bok choy**

Peel the carrot, and then grate it on the thickest grade of the grater. Chop off the base of the bok choy and separate out the leaves.

### 3) **Cook the noodles**

Place the noodles in the pot of boiling salted water and let them simmer for 4 – 5 minutes before draining. Put a pan on a high heat with a drop of oil.

### 5) **Stir-fry the vegetables**

In the very hot pan stir-fry the onion, ginger, sugarsnap peas and carrot and cook for another 2 minutes.

### 6) **Add the bok choy and noodles.**

Add in the bok choy to the pan and allow to wilt. Then strain the noodles and add to the pan. Stir everything together and add the soy sauce to taste.

### 7) **Plate the dish**

Finish the dish by sprinkling over some peanuts and freshly chopped coriander. Enjoy!



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