



Vegetable Stir-fry with Coconut Noodles

With a healthy mixture of fresh vegetables and fresh aromatics, this is a long way from a take away! Making the sauce from scratch ensures you know exactly whats in it. Coconut milk and soy sauce are what bring out that authentic Thai flavour.

Nutritional Info

Calories: 488 kcal
Carbohydrates: 41 g
Protein: 15 g
Fat: 28 g

Ingredients

- Carrot
- Garlic
- Red Chilli
- Ginger
- Mushrooms
- Mangetout
- Cashew nuts
- Soy Sauce
- Coconut Milk
- Egg Noodles

Your Pantry

- Olive Oil
- Salt

Allergens


[Nuts \(Cashews\)](#)
[Egg \(Noodles\)](#)
[Soybean \(Soy Sauce\)](#)
[Wheat \(Soy Sauce, Noodles\)](#)

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) **Toast the cashews**

In a hot, dry frying pan (without oil), lightly toast the cashews for 2-3 minutes or until gently browned.

2) **Prepare the vegetables**

Place a pot of water on the boil in preparation for the noodles. Thinly slice the carrot. Finely chop the garlic. Slice the chili. Take the outside skin off the ginger and grate half a tablespoon. Slice the mushrooms and set aside.

3) **Turn up the heat**

In a large non-stick frying pan or wok, heat a splash of oil over medium-high heat. Add the carrots, garlic, ginger, and chili and cook for 3 minutes. Be sure to keep stirring constantly to prevent the garlic from burning.

4) **Cook the noodles**

Add the noodles to your pot of boiling water and cook for about 5 minutes. When done, remove from heat, drain off boiling water using a colander and run under the cold tap for a few seconds to stop the noodles from continuing to cook.

5) **Drop the vegetables**

Then, to your frying pan or wok, add the mushrooms, mangetout, soy sauce and cook until the vegetables are tender. Stirring continuously.

6) **Add coconut milk & noodles**

Add the coconut milk and then the cooked noodles. Toss to combine and then allow the mixture to simmer for 2-3 minutes.

7) **Plate the dish**

Plate the dish and serve with a sprinkling of cashew nuts.



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