



Egg and Broccoli Soba Noodles with Ginger & Chilli

A vegetarian dish bursting with flavour from the fresh ginger, french garlic and spicy red chilli. This veggie dish also benefits from the high protein soba noodles and Irish Free-Range Egg to pack a nutritious punch!

Nutritional Info

Calories: 315 kcal
Carbohydrates: 44 g
Protein: 18 g
Fat: 8 g

Ingredients

- Egg
- Tenderstem Broccoli
- Spring Onion
- Red Chilli
- Garlic
- Ginger
- Sesame Seeds
- Soy Sauce
- Soba Noodles

Your Pantry

- Rapeseed Oil
- Salt

Allergens


[Egg \(Egg\)](#)
[Sesame \(Sesame seeds\)](#)
[Soybeans \(Soy Sauce\)](#)
[Wheat \(Soy Sauce\)](#)

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 vegetables

Finely dice or grate $\frac{1}{2}$ tsp of ginger per person. Finely slice the garlic. Slice the spring onion on the diagonal. De-seed and finely slice the chilli. Set all the vegetables aside.

2) Boil the noodles & broccoli

Bring a saucepan of water to the boil, adding the noodles and the broccoli. Simmer for 5 min until the noodles are cooked and the broccoli is tender then drain.

3) Cook the garlic, chilli & ginger

Meanwhile, heat 1 tbsp of oil in a small frying pan and add the chilli, ginger and garlic. Cook on medium heat until they take on a slight colour, then add the soy sauce and reduce the heat.

4) Cook the eggs

In another small pan, heat a drop of oil and quickly fry the eggs. When the eggs are cooked, remove them from the pan and rest them for a moment on some paper towel.

5) Plate the dish

Add the noodles and broccoli to the chilli, ginger, garlic and soy mixture and toss. Serve by arranging the noodle mixture on a plate, sprinkling sliced spring onions over the top. Place an egg on top and add a pinch of the sesame seeds.



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