



## Soba Noodle & Mixed Vegetable Stir-fry

This dish is packed full of fresh vegetables, but it is the noodles that are the real focal point of the dish! Soba is the Japanese name for buckwheat. It usually refers to thin noodles made from buckwheat flour. Soba contains all eight essential amino acids, and nutritionally is a much better alternative to wheat

### Ingredients

- Garlic
- Sesame Seeds
- Chilli
- Soba Noodles
- Spring Onion
- Soy Sauce
- Baby Corn
- Your Pantry
- Olive Oil
- Mange tout
- Salt & Pepper

### Nutritional Info

Calories: 436 kcal  
Carbohydrates: 42 g  
Protein: 20 g  
Fat: 15 g

### Allergens

Soybean (Soy Sauce)  
Wheat (Soy Sauce)  
Sesame (Sesame Seeds)  
Noodles may also contain traces of Wheat (Gluten)

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 Vegetables**

Peel and grate the garlic. Finely slice the chilli and remove the seeds (leave them in if you like it spicy!). Slice the spring onion on the diagonal. Cut the baby corn in half lengthways.

### 2) **Noodles**

Bring a saucepan of water to the boil, add the soba noodles and simmer for 5 min until cooked. Drain, rinse in cold water, and set aside.

### 3) **Cooking The Dish**

Pre-heat a non-stick frying pan or wok over a medium to high heat, then add the grated garlic and cook for 1 min. Next, add the tenderstem broccoli, mangetout and baby corn and cook for a further 2 minutes. Lastly, add the cooked noodles and warm through. Add a dash of the soy sauce.

### 4) **Plating the dish**

Plate the dish, add the chilli, spring onion and sprinkle with sesame seeds. Serve. If mixture isn't saucy enough for your liking, drizzle a couple of teaspoons of soy sauce over finished dish.



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