



PEANUT SATAY NOODLE STIR-FRY

with Sugar Snap Peas, Red Bell Pepper and Thai Basil

VEGGIE



HELLO

CHOW MEIN

These popular egg noodles can be found in supermarkets fresh or dried! Both are delicious.

PREP: 10 MIN

TOTAL: 30 MIN

CALORIES: 634



Chow Mein Noodles



Sugar Snap Peas, trimmed



Red Bell Pepper



Green Onions



Ginger



Smooth Peanut Butter



Garlic



Stir-Fry Sauce



Thai Basil



Peanuts, chopped



Lime

BUST OUT

- Garlic Press
- Measuring Spoons
- Large Non-Stick Pan
- Small Bowl
- Strainer
- Whisk
- Medium Pot
- Zester
- Measuring Cups
- Salt and Pepper
- Olive or Canola oil

INGREDIENTS

2-person | 4-person

- Chow Mein Noodles **1** 200 g | 400 g
- Sugar Snap Peas, trimmed 227 g | 227 g
- Red Bell Pepper 190 g | 380 g
- Green Onions 2 | 4
- Ginger 30 g | 60 g
- Smooth Peanut Peanut **7** 3 tbsp | 6 tbsp
- Garlic 10 g | 20 g
- Stir-Fry Sauce **1,4,8,9** ¼ cup | ½ cup
- Thai Basil 10 g | 20 g
- Peanuts, chopped **7** 28 g | 56 g
- Lime 1 | 1

ALLERGENS | ALLERGÈNES

Some ingredients are produced in a facility that also processes milk, mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Certains ingrédients sont produits dans des installations qui traitent également lait, la moutarde, les arachides, le sésame, le soya, les sulfites, les noix et le blé.

- 0** Seafood/Fruit de Mer
- 1** Wheat/Blé
- 2** Milk/Lait
- 3** Egg/Oeuf
- 4** Soy/Soja
- 5** Tree Nut/Noix
- 6** Mustard/Moutarde
- 7** Peanut/Cacahuète
- 8** Sesame/Sésame
- 9** Sulphites/Sulfites
- 10** Crustacean/Crustacé
- 11** Shellfish/Fruit de Mer

*Laver et sécher tous les aliments.



START STRONG



Peel ginger using a spoon's edge — you'll be able to maneuver around the knobby bits more easily!



1 PREP Wash and dry all produce.* In a medium pot, add **6 cups water** and **2 tsp salt**. (**NOTE:** Same size pot, water and salt amount for 4 ppl.) Cover and bring to a boil over high heat. Meanwhile, mince or grate the **garlic**. Peel, then zest or grate **1 tbsp ginger** (dbl for 4 ppl). Core, then cut the **bell pepper(s)** into ¼-inch thin strips. Thinly slice the **green onions**. Juice the **lime**.



4 COOK VEGGIES Using the same pan, add **1 tbsp oil** (dbl for 4 ppl), then the **peppers** and **sugar snap peas**. Cook, stirring occasionally, until the **veggies** are tender-crisp, 4-5 min.



2 MAKE SATAY SAUCE In a small bowl, whisk together the **peanut butter**, **stir-fry sauce**, **ginger** and **lime juice**. Set aside. Add the **noodles** to the medium pot with the **boiling water**. Cook until tender, 1-2 min. Drain and rinse the **noodles** under **cold running water**. Return the **noodles** to the same pot, then add **1 tsp oil** (dbl for 4 ppl) and gently toss to coat. Set aside.



5 ASSEMBLE STIR-FRY Add the **noodles**, **garlic**, **half the green onions** and **1 cup water** (dbl for 4 ppl) to the pan with the **veggies**. Cook, stirring often, until the **noodles** are warmed through, 2-3 min. Remove the pan from the heat. Add the **peanut satay sauce** from the small bowl and stir together until the **sauce** coats the **noodles**, 1-2 min.



3 TOAST PEANUTS Heat a large non-stick pan over medium-high heat. When the pan is hot, add the **peanuts** to the dry pan. Toast, stirring often, until golden brown, 3-4 min. (**TIP:** Keep your eye on them so they don't burn!) Transfer **peanuts** to a plate and set aside.



6 FINISH AND SERVE Divide the **noodles** between bowls and tear over the **basil leaves**. Sprinkle over the **peanuts** and **remaining green onions**.

NUTTY!

Peanuts add the perfect amount of crunch to this dish!