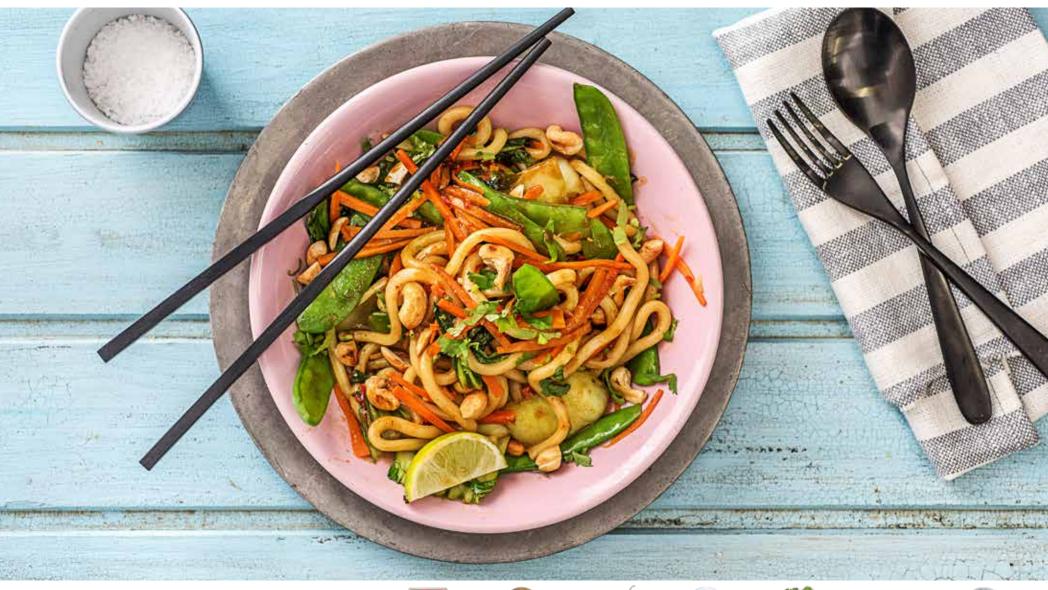


SWEET CHILI UDON NOODLES

with Snow Peas, Bok Choy and Roasted Peanuts







HELLO **UDON NOODLES**

These thick wheat flour noodles are popular in Japanese cuisine



Carrot, julienned



Garlic



Snow Peas, trimmed



Shanghai Bok Choy



Cilantro



Udon Noodles



Vegetarian Oyster Sauce





Long Red Chili

Sweet Chili Sauce



Peanuts, chopped



Lime

Green Onions

PREP: 10 MIN

TOTAL: 30 MIN

CALORIES: 448

BUST OUT

- Medium Pot
- Garlic Press
- · Olive or Canola oil
- · Large Non-Stick Pan
- Strainer
- Measuring Spoons

INCREDIENTS

INGREDIENTS	
	2-person
Carrot, julienned	113 g
• Garlic	10 g
• Long Red Chili	1
Snow Peas, trimmed	227 g
Shanghai Bok Choy	400 g
• Cilantro	10 g
• Udon Noodles 1	400 g
Vegetarian Oyster Sauce	¹/ ₄ cup
• Soy Sauce 1,4	1 tbsp
• Sweet Chili Sauce	2 tbsp
• Peanuts, chopped 5	28 g
• Lime	1
Green Onions	2

ALLERGENS ALLERGÈNES-

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

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

- O Seafood/Fruit de Mer 5 Tree Nut/Noix
- 1 Wheat/Blé
- 6 Mustard/Moutarde 7 Peanut/Cacahuète
- 2 Milk/Lait
- 8 Sesame/Sésame
- 3 Egg/Oeuf
- 4 Soy/Soja

- 9 Sulphites/Sulfites



START STRONG



Get that pot of water going so you can prep as the water comes to a boil!



PREP Wash and dry all produce.* Bring a medium pot of salted water to a boil. Mince or grate the garlic. Cut the bok choy into 1-inch pieces. Roughly chop the cilantro. Finely chop the chili, removing the seeds for less heat. Thinly slice the green onions. Cut the lime into wedges.



TOAST CASHEWS Heat a large non-stick pan over medium-high heat. Add the **peanuts** to the dry pan. Cook, stirring often, until golden-brown and toasted, 2-3 min. (TIP: Keep your eye on them so they don't burn!) Transfer to a plate and set aside.



COOK VEGGIES Increase the heat to medium-high. Add a drizzle of oil to the same pan, then the garlic, snow peas and as much chili as you like. Cook, stirring occasionally, until the snow peas are tender-crisp, 2 min. Add the carrot and bok choy. Cook, stirring occasionally, until the carrot softens, 3-4 min.



COOK NOODLES Meanwhile, add the **noodles** to the **boiling water**. Cook, stirring occasionally, until the noodles have separated, 1-2 min. Drain.



ASSEMBLE Add the noodles, vegetarian oyster sauce, soy sauce, sweet chili sauce and 2 tbsp water to the pan. Stir together until warmed through, 2-3 min.



FINISH AND SERVE Divide the sweet chili udon noodles between bowls and sprinkle with peanuts, cilantro and green onion. Squeeze over a lime wedge, if desired.

CITRUSY!

A final squeeze of lime adds brightness and acidity to this dish.

^{*}Laver et sécher tous les aliments.