

THAI noodles

So delicious! This recipe ticks all the boxes. It is healthy, nutritious, delicious, and so satisfying. I must confess, I went back for seconds on this one, even though I was full!

As with all my favourite dishes this is relatively quick and super easy to make.

INGREDIENTS

- 300g wholewheat noodles
- Bunch of spring onions
- 3 cloves of garlic
- 2 fresh chillies (use less if you don't like it too spicy)
- Thumb size of ginger
- 2 red pepper
- 2 yellow pepper
- 2 baby marrow
- 200g sugarsnaps
- 1 tin coconut milk
- 400 ml vegetable stock
- 3 tablespoons tamari
- Juice of 1 lime
- 1 tablespoon maple syrup
- 1 tablespoon curry powder
- 1 teaspoon ground cumin
- 1 teaspoon ground coriander
- 1 teaspoon Himalayan salt
- 1/3 teaspoon black pepper
- To garnish - fresh coriander and toasted sesame seeds (optional)

INSTRUCTIONS

1. Cook your wholewheat noodles following the instructions on the package. Drain and rinse in cold water. Set aside.
2. Grate the ginger and chop the garlic, chillies and spring onion. Chop sugarsnaps, peppers and baby marrows into bite size pieces.
3. Dry fry the spring onions, garlic, ginger and chilli, for 3-4 minutes adding some vegetable stock if/when it starts to stick. Add the sugarsnaps, peppers and babymarrow and mix well.
4. Add your spices: Salt, pepper, curry powder, cumin, coriander, stir well and cook for 15 minutes with the lid on, stirring regularly and adding vegetable stock if it starts to stick.
5. Add the remainder of the vegetable stock, the coconut milk, tamari, lime juice and maple syrup. Reduce the heat and simmer for 10 minutes
6. Add in the cooked noodles, stir well until warm
7. Dish and garnish with fresh coriander and toasted sesame seeds



SERVES
6 PEOPLE



PREP TIME
10 MIN



COOK TIME
30 MIN



TOTAL TIME
40 MIN

NUTRITIONAL INFORMATION

MAKES 6 X
300G PORTIONS

CONTAINS:

261 KCAL
11G PROTEIN
2.5G FAT
42G CARBS
7G FIBRE