VIBRANT *noodle bowl*

I love the bright colours and the extra crunch and texture that this dish offers. Great way to get some raw veggies into your diet while still enjoying a warm and nourishing meal.

INGREDIENTS

- 3 cloves of garlic, peeled
- Thumb size ginger
- ½ chilli
- 1.5 litres of vegetable stock
- 4 tablespoons tamari
- 4 wholewheat noodle nests
- 1 bunch spring onions, chopped
- 150g oyster mushrooms
- 1 carrot, grated
- ½ baby red cabbage, grated
- 1 red pepper, chopped

INSTRUCTIONS

1. Blend garlic, ginger, chilli, vegetable stock and tamari until smooth. Add to a pot and bring to a boil.

2. Place the wholewheat noodles in the pot of boiling water and boil for 4 minutes or until soft (check package for instructions).

3. In another pan, add the spring onion and oyster mushrooms and dry fry for 5 minutes, adding water as needed.

4. Dish the noodles and stock in four separate bowls and top the noodles with the fried mushrooms, carrots, cabbage and red pepper.

SERVES
4 PEOPLE

PREP TIME
5 MIN

COOK TIME
5 MIN

TOTAL TIME
10 MIN

NUTRITIONAL INFORMATION

MAKES 4 PORTIONS

CONTAINS:

257 KCAL
12G PROTEIN
2.7G FAT
43G CARBS
8G FIBRE

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