

# Honey soy vegetable noodles

Preparation time

15 minutes

Cooking time

15 minutes

Serves

4

Recipe courtesy of



Ingredients

Method

Nutrition

1 tbsp sunflower oil

2 cloves garlic, crushed

2 medium carrots, sliced

1 large red capsicum, seeded and sliced

1 cup baby corn

1 bunch broccolini, chopped

1 bunch bok choy, chopped

1/4 cup soy sauce (salt reduced)

1 tsp fish sauce  
2 tbsp honey  
450g fresh Hokkien noodles  
1/4 cup toasted cashews

1. Heat oil in a wok or frying pan.
2. Stir fry garlic, carrots, capsicum, corn, broccolini and bok choy for 2 minutes.
3. Stir in soy sauce, fish sauce and honey and stir fry for a further 2 minutes.
4. Add noodles and cashews and stir fry until hot.

Nutritional information is provided per serve

|               |                       |
|---------------|-----------------------|
| Energy        | 1561kJ (373 calories) |
| Protein       | 14g                   |
| Saturated Fat | 2g                    |
| Total Fat     | 10g                   |
| Carbohydrates | 53g                   |
| Sugars        | 21g                   |
| Dietary Fibre | 9                     |
| Sodium        | 1015mg                |