



## PEANUT STIR FRY (DINNER)

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2 servings



10 minutes

### INGREDIENTS

2 carrots, cut into match sticks

1 red pepper cut into thin strips

1 head broccoli, cut into florets

3 spring onions, roughly chopped

1 egg noodle nest

Protein options: 2x chicken breast or 200g lean beef

Stir fry sauce:

1 heaped tbsp peanut butter

2 tbsp soy sauce

1 tsp garlic puree

1 pinch chili flakes

1 tsp rice vinegar

1 lime, juiced

2 tsp honey

### DIRECTIONS

1. Make the sauce by thoroughly mixing peanut butter, soy sauce, lime juice, chilli flakes, 1 tsp garlic puree, rice vinegar, honey, and 1 tbsp water together.
2. Cook the noodles according to the packet instructions.
3. Heat a non-stick pan with 1 tsp oil. Add your vegetables and stir-fry for 2 minutes. Remove the vegetables and add in the protein. Stir-fry until browned and nearly cooked. Then, reintroduce the cooked vegetables, noodles, and the prepared stir-fry sauce.
4. Simmer for another minute or so until the protein is fully cooked. Finish the dish with a scattering of spring onions and a wedge of lime.