

Sweet Chilli Vegetables with Rice Noodles

A delicious plant-based dish that takes minutes to cook and contains eight different vegetables!

Serves 4

Ingredients

75g	Red Onions – sliced
75g	Courgettes – cut in half and sliced at an angle
75g	Cauliflower – small florets
75g	Carrots – peeled, cut in half and sliced at an angle
75g	Mixed Peppers – sliced
75g	Leeks – cut in half and sliced
50g	Beansprouts
5ml	Sunflower Oil
250g	Rice Noodles
400ml	Sweet Chilli Sauce
20g	Spring Onions – sliced at an angle
25g	Fresh Coriander – chopped

Method

- 1. Wash and prepare all the ingredients as per the ingredient list.
- 2. Heat the oil in a wok or large frying pan and add all the vegetables (expect the spring onion) and stir fry for 3-4 minutes.
- 3. Add the sweet chilli sauce to the vegetables and allow to simmer for 3-4 minutes.
- 4. Cook the noodles as per the packet instructions.
- 5. To serve, drain the noodles and place in a bowl or on a plate and serve the sweet chilli vegetables on top then garnish with the spring onion and chopped fresh coriander.

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