



Spicy edamame noodles

 Easy  30 minutes  Serves 2-3

INGREDIENTS

Spaghetti for two
(We suggest whole wheat spaghetti)

1 tbsp vegetable oil

1 onion

1 thumb of ginger

2 garlic cloves

1 handful of broccoli florets

1 carrot chopped into matchsticks

½ red pepper chopped into slices

1 handful of shelled edamame

4 spring onions sliced

1 handful of cashew crushed

For the sauce:

2 tbsp sesame oil

2 tbsp rice vinegar

2 tbsp soy sauce

1 tsp sugar

1 tsp chilli garlic sauce

METHOD

Step 1.

Prepare your spaghetti in a pan with boiling water, drain and toss in 1 tsp of sesame oil

Step 2.

To create your sauce, in a bowl, whisk together your remaining sesame oil, rice vinegar, soy sauce, sugar, and chilli garlic sauce. Put to one side until later.

Step 3.

Heat the vegetable oil in a wok over high heat. Add your onion, ginger and fry for a minute.

Step 4.

Add your garlic and cook for a further 30 seconds

Step 5.

Add your broccoli and cook for 60-90 seconds

Step 6.

Add the carrots, pepper and edamame, cook for a further 90 seconds

Step 7.

Finally add your sauce mixture and spring onions, heat through for 30 seconds and then add your noodles and cashews

Step 8.

Toss until the sauce coats both the vegetables and noodles