



# SWEET CHILI UDON NOODLES

with Snow Peas, Bok Choy and Roasted Peanuts



HELLO

UDON NOODLES

These thick wheat flour noodles are popular in Japanese cuisine

PREP: 10 MIN | TOTAL: 30 MIN | CALORIES: 448



Carrot, julienned



Garlic



Long Red Chili



Snow Peas, trimmed



Shanghai Bok Choy



Cilantro



Udon Noodles



Vegetarian Oyster Sauce



Soy Sauce



Sweet Chili Sauce



Peanuts, chopped



Lime



Green Onions



## BUST OUT

- Medium Pot
- Salt
- Garlic Press
- Olive or Canola oil
- Large Non-Stick Pan
- Strainer
- Measuring Spoons

## INGREDIENTS

2-person

- Carrot, julienned 113 g
- Garlic 10 g
- Long Red Chili 🌶️ 1
- Snow Peas, trimmed 227 g
- Shanghai Bok Choy 400 g
- Cilantro 10 g
- Udon Noodles 1 400 g
- Vegetarian Oyster Sauce ¼ cup
- Soy Sauce 1,4 1 tbsp
- Sweet Chili Sauce 🌶️ 2 tbsp
- Peanuts, chopped 5 28 g
- Lime 1
- Green Onions 2

## ALLERGENS | ALLERGÈNES

Some ingredients are produced in a facility that also processes mustard, peanuts, sesame, soy, sulphites, tree nuts and wheat.

Certains ingrédients sont produits dans des installations qui traitent également la moutarde, les arachides, le sésame, le soja, les sulfites, les noix et le blé.

- 0 Seafood/Fruit de Mer
- 5 Tree Nut/Noix
- 1 Wheat/Blé
- 6 Mustard/Moutarde
- 2 Milk/Lait
- 7 Peanut/Cacahuète
- 3 Egg/Oeuf
- 8 Sesame/Sésame
- 4 Soy/Soja
- 9 Sulphites/Sulfites

\*Laver et sécher tous les aliments.



## START STRONG



Get that pot of water going so you can prep as the water comes to a boil!



**1 PREP** Wash and dry all produce.\* Bring a medium pot of **salted water** to a boil. Mince or grate the **garlic**. Cut the **bok choy** into 1-inch pieces. Roughly chop the **cilantro**. Finely chop the **chili**, removing the seeds for less heat. Thinly slice the **green onions**. Cut the **lime** into wedges.



**4 COOK NOODLES** Meanwhile, add the **noodles** to the **boiling water**. Cook, stirring occasionally, until the noodles have separated, 1-2 min. Drain.



**2 TOAST CASHEWS** Heat a large non-stick pan over medium-high heat. Add the **peanuts** to the dry pan. Cook, stirring often, until golden-brown and toasted, 2-3 min. (**TIP:** Keep your eye on them so they don't burn!) Transfer to a plate and set aside.



**5 ASSEMBLE** Add the **noodles, vegetarian oyster sauce, soy sauce, sweet chili sauce** and **2 tbsp water** to the pan. Stir together until warmed through, 2-3 min.



**3 COOK VEGGIES** Increase the heat to medium-high. Add a drizzle of **oil** to the same pan, then the **garlic, snow peas** and as much **chili** as you like. Cook, stirring occasionally, until the snow peas are tender-crisp, 2 min. Add the **carrot** and **bok choy**. Cook, stirring occasionally, until the carrot softens, 3-4 min.



**6 FINISH AND SERVE** Divide the **sweet chili udon noodles** between bowls and sprinkle with **peanuts, cilantro** and **green onion**. Squeeze over a **lime wedge**, if desired.

## CITRUSY!

A final squeeze of lime adds brightness and acidity to this dish.