

EASY VEGETABLE LO MEIN

WHAT YOU NEED:

- 2 x 2 minute noodle cakes
- $\frac{1}{2}$ large red capsicum
- 1 medium carrot
- 1 bok choy
- $\frac{1}{2}$ large red onion
- 2 large spring onions
- 1 large mushroom
- 1 cup peas

FOR THE SAUCE:

- 2 Tablespoons miso paste
- 1 Tablespoon soy sauce
- 2 teaspoons crushed garlic
- 1 Tablespoon brown sugar
- 1 teaspoon sesame oil
- 1 teaspoon crushed ginger
- 2 Tablespoons sweet chilli
- $\frac{1}{2}$ teaspoon Chinese five spice
- $\frac{1}{2}$ cup vegetable stock



UTENSILS:

Chopping board	Safety knife
Metal bowl	Grater
Measuring cups/spoons	Scissors
Metal spoon	Jug

ALLERGIES/INTOLLERANCES: *Gluten, dairy and egg free products will be used.*

WHAT TO DO:

VEGETABLES

1. Cook noodles according to packet directions. Set aside.
2. Grate carrot, slice capsicum into 2cm pieces. Cut spring onions with scissors.
3. Slice the red onion, shred bok choy and slice mushroom.
4. Heat 1 Tablespoon of oil in a frypan. Add all vegetables, stir fry for 4 minutes.
5. Add sauce and cook until the sauce starts to thicken.
6. Add noodles, cook until noodles are warmed through. Take off heat and serve.

WHAT TO DO:

SAUCE

1. In a jug mix together the miso paste, soy sauce, garlic, brown sugar, sesame oil, ginger, sweet chilli, Chinese five spice and vegetable stock.