



Product Spotlight: Edamame

Edamame are young, still-green soybeans, harvested before they fully ripen and harden. They're one of the few plant foods to offer a complete protein, plus a good hit of fibre, a great plant-based protein boost for this dish.



Satay Udon Noodles with Edamame

Silky udon noodles tossed through a creamy coconut-peanut satay sauce with stir-fried veggies, garnished with edamame beans, roasted peanuts and fresh lime juice.



30 minutes



Vegetarian



2 servings

Bulk it up!

Add cubes of pan-fried tofu, crumbled tempeh, or a fried egg to the final dish to bulk it up.

Per serve:	PROTEIN	TOTAL FAT	CARBOHYDRATES
	36g	37g	112g

FROM YOUR BOX

RED CAPSICUM	1
CARROT	1
SNOW PEAS	150g
SPRING ONIONS	1 bunch
GARLIC CLOVE	1
EDAMAME BEANS	2 tins
LIME	1
COCONUT MILK	165ml
PEANUT BUTTER	2 tubs
UDON NOODLES	2 packets
SALTED ROASTED PEANUTS	1 tub

FROM YOUR PANTRY

sesame oil for cooking, pepper, soy sauce (or tamari)

KEY UTENSILS

large frypan, kettle, stick mixer (or small blender)

NOTES

Add a drizzle of sriracha, fresh red chilli or a pinch of dried chilli flakes to the satay sauce for extra heat.

No gluten option – udon noodles are replaced with rice noodles. Cook according to packet instructions or until tender.



1. PREPARE THE INGREDIENTS

Boil the kettle for step 4.

Slice **capsicum**, cut **carrot** into **crescents**, trim **snow peas**, thinly slice **spring onions** (reserve green tops for garnish), crush **garlic** and drain **edamame**.



2. MAKE THE SATAY SAUCE

Zest **lime**, then juice half (wedge the rest for serving). Add to a jug with **coconut milk**, **peanut butter**, **2 tsp water** and **1 tbsp soy sauce** (see notes). Use a stick mixer to blend until smooth.



3. STIR FRY THE VEGETABLES

Heat a large wok or frypan over medium-high heat with **sesame oil**. Stir-fry **spring onion** and **garlic** for 3 minutes. Add **carrot**, **snow peas** and **capsicum**. Stir-fry for 3-4 minutes until just tender. Season to taste with **soy sauce** and **pepper**.



4. COOK THE NOODLES

Add **noodles** to a large bowl. Cover with **hot water** from kettle and sit for 2-3 minutes until tender. Drain **noodles** and return to the bowl.



5. TOSS THE NOODLES

Add **satay sauce** to the **noodles**. Toss well until **noodles** are coated in **sauce**.



6. FINISH AND SERVE

Roughly chop **peanuts** and thinly slice **spring onion green tops**.

Divide **noodles** among bowls (spoon in any excess **satay sauce**). Top with **stir-fried veggies**, **edamame** and **peanuts**. Garnish with **spring onion greens tops** and serve with **lime wedges**.

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