

# Honey Soy Vegetable Noodles

PREP TIME: 15

COOKING TIME: 15

NO OF SERVES: 4



## Ingredients

1 tbsp sunflower oil

2 cloves garlic, crushed

2 medium carrots, sliced

1 large red capsicum, seeded and sliced

1 cup baby corn

1 bunch broccolini, chopped

1 bunch bok choy, chopped

1/4 cup soy sauce (salt reduced)

1 tsp fish sauce

2 tbsp honey

450g fresh Hokkien noodles

1/4 cup toasted cashews

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## Nutrition Information (per serve)

<b>Energy</b>	1561 kJ (373 calories)
<b>Protein</b>	14g
<b>Total Fat</b>	10g
<b>Carbohydrates</b>	53g
<b>Saturated Fat</b>	2g
<b>Sugars</b>	21g
<b>Dietary Fibre</b>	9g
<b>Sodium</b>	1015mg

## Method

1. Heat oil in a wok or frying pan.
2. Stir fry garlic, carrots, capsicum, corn, broccolini and bok choy for 2 minutes.
3. Stir in soy sauce, fish sauce and honey and stir fry for a further 2 minutes.
4. Add noodles and cashews and stir fry until hot.