



Noodles with vegetables

20'
Hands on

10'
Cook Time

4-6
Portion(s)

1
Difficulty



Method

- Place a [wok](#) over high heat.
- [Cut](#) the mushrooms, the peppers, the onion, and the garlic into thin slices, and the zucchini into half-moons.
- Add 1 tablespoon olive oil into the hot wok and then, add the 1/3 of the vegetables. Sauté for 2-3 minutes until they are golden. Put them in a bowl and set aside.
- Place the wok on heat again, add 1 tablespoon olive oil, and follow the same process for the rest two batches of the vegetables.
- Add all of the vegetables into the frying pan again, and lower the heat.
- Add the [sweet and sour sauce](#), the soy sauce, and mix.
- Add the noodles into a bowl and fill with boiled water until they are covered. Leave them in according to the packet's instructions.
- Drain the noodles and add them to the frying pan with the vegetables.
- Place a small frying pan on heat and add the sesame seeds. Sauté for 1-2 minutes until golden.
- Add the sesame seeds into the frying pan with the rest of the ingredients, mix, and remove from the heat.
- Finely chop the fresh coriander, the mint, and the green part of the spring onions.
- Add half of the herbs into the frying pan and mix.
- Serve with fresh herbs and the sesame oil.

Ingredients

- 200 g champignon mushrooms
- 1/2 red bell pepper
- 1/2 green bell pepper
- 1/2 zucchini
- 1 onion
- 3 tablespoon(s) olive oil
- 1 clove(s) of garlic
- 250 g noodles
- 70 g [sweet chili sauce](#)
- 100 g soy sauce
- 20 g sesame seeds
- 1/4 bunch mint
- 1/4 bunch coriander
- 2 spring onions

To serve

- coriander
- mint
- spring onions
- 1/2 teaspoon(s) sesame oil

Διατροφικός πίνακας

Nutrition information per portion

| | | | |
|---------------------------|----------------------|-----------------------------|----------------------------|
| 287 Calories (kcal) | 4.9 Total Fat (g) | 0.7 Saturated Fat (g) | 47.0 Total Carbs (g) |
| 14% | 7% | 4% | 18% |
| 6.3 Sugars (g) | 11.0 Protein (g) | 5.5 Fibre (g) | 2.8 Sodium (g) |
| 7% | 22% | 22% | 47% |