



Quick Vegetable Stir Fry

Serves 4

For the sauce:

- 1 tbsp. tahini
- 1 tbsp. toasted sesame oil
- 1 tsp. white miso paste
- 1 lime, juiced

For the stir-fry:

- 6 ⅓ oz. (180g) rice noodles
- 1 tsp. toasted sesame oil
- 1 large carrot, spiralized
- 1 courgette, spiralized
- ½ cup green peas, frozen
- 1 tbsp. sesame seeds
- coriander, to serve

What you need to do

1. Mix all the sauce ingredients.
2. Cook noodles according to instructions on the packaging, then set aside.
3. Spiralize the carrot and courgette. However, if you don't have a spiraliser, then just grate them using the large holes.
4. Heat 1 tsp. of sesame oil in a large skillet over medium heat. Add in the carrot and courgette noodles and cook for 3-4 minutes. Next, add in the green peas, sesame seeds, and cooked noodles. Mix well and cook for another 3-4 minutes.
5. Finally, add in the sauce and cook for a final 2-3 minutes until warmed through. Serve with fresh coriander.



GF DF MP V Q

Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	15 mins	273	8	45	6

*Nutrition per serving