



SPICY SESAME NOODLES

 4 portions

INGREDIENTS

- 150 grams of dark roasted Peanut Butter Mayvers
- 4 tbsps of soy sauce (tamari) [72 g]
- 2 cloves of garlic, minced [6 g]
- 4 large spring onions [100 g]
- 1 tablespoon of sesame oil, [14 g]
- 1 tsp of cayenne pepper[2 g]
- 225 grams of udon noodles
- 2 tbsps of sesame seeds, [18 g]
- 1 cup chopped of carrots, [128 g]
- 1 cup chopped of broccoli [40 g]
- 1 cup, chopped of capsicum [149 g]
- 1/4 cup of coriander [4 g]
- 1 cup, chopped snow peas [98 g]

COOKING METHOD

- 1° In a saucepan, combine the peanut butter, soy sauce, garlic, and green onion and mix well.
- 2° Add the sesame oil and cayenne pepper. Heat slowly, whisking until smooth. Add vegetables
- 3° Meanwhile, cook the udon noodles according to the package directions. Drain.
- 4° Place the noodles in a large bowl, add the peanut sauce, and toss to coat. Garnish with the toasted sesame seeds and coriander.
- 5° Serve hot or cold.

NUTRITIONAL INFORMATION

| | PER 100 g | PER PORTION [251 g] | % DRI |
|------------------------------|-----------|---------------------|-------|
| ENERGY | 179 kcal | 449 kcal | 22 % |
| FAT | 10 g | 26 g | 40 % |
| FATTY ACIDS, TOTAL SATURATED | 1 g | 4 g | 18 % |
| CHOLESTEROL | 0 mg | 0 mg | 0 % |
| SODIUM | 455 mg | 1144 mg | 48 % |
| CARBOHYDRATE | 15 g | 39 g | 13 % |
| SUGARS | 3 g | 7 g | — |
| FIBER | 3 g | 7 g | 28 % |
| PROTEIN | 7 g | 18 g | — |