

# Very Veggie Vermicelli

Duration: 20 minutes, serves 2



## Ingredients:

- ❖ 2 nests of vermicelli noodles
- ❖ A few spritzes of oil spray
- ❖ 2 handfuls green beans (fresh or frozen)
- ❖ 1 red pepper, thinly sliced
- ❖ 2 handfuls sweetcorn (tinned or frozen)
- ❖ 2 cloves garlic, diced
- ❖ 1 thumb-sized piece ginger, diced
- ❖ 1 tbsp reduced salt soy sauce
- ❖ 2 tsp rice wine vinegar
- ❖ ½ tsp chilli powder
- ❖ 40g peanuts or cashews, roughly chopped
- ❖ Handful fresh coriander, roughly chopped

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## Method:

1. Boil half a kettle and pour into a bowl with your noodles. Leave for 5 minutes, drain, then pop the noodles back into the bowl and fill with cold water.
2. Heat a few spritzes of oil spray over a high heat in a large pan. Add your green beans and pepper, stirring regularly for 2 minutes. Add the sweetcorn and cook for another 2 minutes.
3. Dice the garlic and ginger and add them to the pan of veggies. Drain the noodles and add them to the pan, along with the soy sauce, vinegar and chilli powder, and stir thoroughly. You may need to add a little water if the mixture becomes dry and starts to stick to the pan.
4. Chop the nuts and coriander and sprinkle over the meal as a garnish. **TOP TIP:** to bring out the flavour of the nuts, gently toast them in a frying pan over a medium heat for a few minutes.

## Nutrition information (with peanuts)\*:

	Per serving	Per 100g
Energy (kcal)	379	99
Fat (g)	16.4	4.3
of which saturates (g)	2.7	0.7
Carbohydrate (g)	49.2	12.8
of which sugars (g)	10.5	2.7
Fibre (g)	8.2	5.2
Protein (g)	9.0	2.4
Salt (g)	1.1	0.29

\*approximate.

**TOP TIP: add edamame (or soya) beans for an extra protein punch**

