

**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	—