



Dietitians Australia

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Preparation time
15 minutes

Cooking time
15 minutes

Serves
4

Recipe courtesy of

Ingredients Method Nutrition

1 tbsp sunflower oil
2 cloves garlic, crushed
2 medium carrots, sliced
1 large red capsicum, seeded and sliced
1 cup baby corn
1 bunch broccolini, chopped
1 bunch bok choy, chopped
1/4 cup soy sauce (salt reduced)
1 tsp fish sauce
2 tbsp honey
450g fresh Hokkien noodles
1/4 cup toasted cashews

1. Heat oil in a wok or frying pan.
2. Stir fry garlic, carrots, capsicum, corn, broccolini and bok choy for 2 minutes.
3. Stir in soy sauce, fish sauce and honey and stir fry for a further 2 minutes.
4. Add noodles and cashews and stir fry until hot.

Nutritional information is provided per serve

Energy 1561kJ (37
