



More Than Food

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Double Peanut Satay Stir-Fry with Thai Holy Basil & Bok Choy

We seem to be reading a lot about the importance of 'mindfulness' these days. Taking a few deep breaths and clearing the mind of all the noise. Apparently in Thailand the monks eat a special type of basil to create the same calming effect, hence the name Holy Basil. Hopefully tonight's recipe will bring you a bit of dinner time nirvana!



25 mins



healthy



veggie



Egg Noodles



Peanut Butter



Soy Sauce



Sweet Chilli Sauce



Ginger



Red Pepper



Bok Choy



Spring Onion



Sugar Snap Peas



Thai Basil



Dry Roasted Peanuts

Ingredients

	2P	4P
Egg Noodles 1, 2	1-2 nests	3 nests
Peanut Butter 3	3 tbsp	6 tbsp
Soy Sauce 1, 4	1½ tbsp	3 tbsp
Sweet Chilli Sauce 5	1½ tbsp	3 tbsp
Ginger, chopped	1 tbsp	2 tbsp
Red Pepper, sliced	1	2
Bok Choy, sliced	1	2
Spring Onion, sliced	2	3
Sugar Snap Peas	1 pack	2 packs
Thai Basil, torn	½ bunch	1 bunch
Dry Roasted Peanuts, crushed 3	1 tbsp	2 tbsp

 Our produce comes fresh from the farm so give it a little wash before using

Allergens

- 1)** Gluten | **2)** Egg
3) Peanut | **4)** Soya
5) Sulphites

Nutrition per serving: Calories: 513 kcal | Protein: 20 g | Carbs: 75 g | Fat: 15 g | Saturated Fat: 3 g

2



1 Boil a pot of water with ¼ tsp of salt for the noodles. Once boiling cook the noodles for around 4 mins or until soft enough to eat. Drain the noodles then place them back in a pot of cold water until they are needed. **Tip:** *The cold water will stop them from cooking further.*

2 mins add in the bok choy and continue to cook for 2 more mins.

3



2 Mix together the peanut butter, soy sauce and sweet chilli sauce. Add a few tbsp of the boiling noodle water until you have the consistency of runny honey.

5 Drain the noodles and add them to the pan of vegetables. Toss (or stir) the ingredients together for one minute. Make some space in the pan and add in the satay sauce. Once it bubbles, mix it into the noodles and vegetables.

4



3 Peel the skin from the ginger using the edge of a spoon, then finely chop. Take the core out of the pepper and slice it into ½cm matchsticks (thinner if possible!). Chop the base from the bok choy then very thinly slice it widthways. Chop the very bottom from the spring onions and slice into discs, separating the white and green parts.

6 Tear up the Thai basil and toss this into the noodles.

6



4 Heat 1 tbsp of vegetable oil or light olive oil in a non-stick frying pan or wok. Once almost smoking hot add in the ginger and the whites of the spring onions. After 30 seconds add in the red pepper and the sugar snap peas. After

7 Lightly crush and sprinkle over the peanuts. Garnish with a sprinkle of the green spring onion and whisper a little prayer to the gods of Thai cooking.

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!