



SWEET CHILLI EDAMAME & NOODLE STIR FRY

Prep. time 05 minutes | Cooking time 20 minutes | Serves 1

Another eastern Asian treat, this dish makes the most of edamame (boiled soybeans in the pod). It's a wonderful Oriental vegan recipe that adds a bit of spice and variation to any vegan menu while being both healthy and nutritional.

Ingredients

- 1 teaspoon sesame oil
- 1 teaspoon Chinese 5 Spice powder
- 1/2 teaspoon chopped garlic
- Juice of 1/2 lime
- 1 teaspoon coconut amino sauce or tamari
- Pinch of chilli flakes
- 1/2 edamame beans
- 1 large pack of stir fry vegetables
- 2 tablespoons Bute Island Sweet Chilli Creamy Sheese
- 1 portion of rice noodles

Cooking Method

Heat the sesame oil in a large frying pan or wok, then add in the chopped garlic, 5 Spice, lime juice, coconut amino sauce/tamari and chilli flakes.

Gently fry for a few minutes to release the flavours. Add the edamame beans and cook for 5 minutes, then stir in the stir-fry vegetables and continue to cook for a few minutes so everything is coated in the spice mixture.

Meanwhile prepare your rice noodles according to packet instructions, then drain. Add the noodles to the pan plus the Sweet Chilli Sheese and cook for a few minutes to allow to melt in.

Now serve out in a large bowl, top with fresh parsley or coriander and dig in!

