



## SATAY RICE NOODLES WITH COURGETTES, CARROTS AND CASHEWS



MINUTES TO PREPARE  
7



MINUTES TO COOK  
3



SERVES  
2

### INGREDIENTS

*For the satay:*

- 1-2 tablespoons peanut butter**
- 1/2 courgette**, chopped roughly into chunks
- 1 green pepper**, cored, deseeded and roughly chopped
- 1 stick celery**, roughly chopped
- 1 spring onion**, roots removed and roughly chopped
- 2 teaspoons Soy sauce**
- 1 tablespoon sweet chilli sauce**
- Juice of 1 lemon**
- 1 handful of light herbs** (I use coriander but you can use chives, basil or mint)
- 1 clove garlic**, peeled
- 5cm fresh ginger**, peeled and sliced
- Water to loosen**

*For the noodles:*

- 100g rice noodles**
- 1 courgette**, grated on large grate with peel on
- 1 carrot**, peeled and grated on large grate
- 1 large handful cashew nuts**, chopped

### LET'S GET COOKING

- 1** Firstly, make the satay. In a nutri-bullet or blender, mix in all of the ingredients and blend until smooth. Add water very gradually until you get a thick, hummous consistency. Taste and season with soy, chilli or lemon to your liking.
- 2** Boil the kettle. Place the noodles in a bowl and pour over the boiling water. leave to stand for 3-4 minutes (or as per the packet's instructions) until cooked, stir through with a fork and drain. Add the satay to the bowl and stir well. Finally, add in the grated vegetables and chopped nuts and enjoy!
- 3** I love fine tuning meals while I am eating them, enjoying balancing sweet vs sour vs spice as I go so always have soy, lemon and chilli to hand. My husband on the other hand likes things just the way they are. Each to their own!

*"Super-speedy, nutritionally dense, bloomin' delicious dinner. Ten minutes from start to finish! A perfect homemade alternative when you feel like getting a takeaway."*

*This is for when you are ravenous in the evening and want a quick-fix meal full of energy-boosting ingredients. This satay, unlike many that you'd buy in a jar, is full of healthy ingredients to give you the boost your body needs. Leftovers are excellent for lunch the following day."*