



# RAINBOW VEGETABLE NOODLES

Prep and cook time: 20 minutes

## Ingredients

- 1 teaspoon vegetable oil
- 1 carrot, grated
- 1 zucchini, grated
- 150g brussel sprouts, finely sliced
- 1/4 purple cabbage, finely sliced
- 1 red capsicum, finely sliced
- 440g hokkien noodles, prepared according to the packet instructions
- 1/3 cup reduced salt soy sauce
- 2 shallots, finely sliced
- 1 tablespoon sesame seeds
- 1/4 cup fresh coriander leaves

## Method

1. Heat the oil in a large fry pan over medium to high heat.
2. Add carrot, zucchini, brussel sprouts, capsicum and cabbage to the pan and continually stir for 3 to 4 minutes or until the vegetable have softened.
3. Add the noodles and soy sauce and stir to combine. Cook for 2 to 3 minutes or until heated through.
4. Add the shallots, sesame seeds and coriander. Stir to combine.
5. Transfer the rainbow noodles into containers and store in the fridge until they are ready to be added to the lunchbox.

