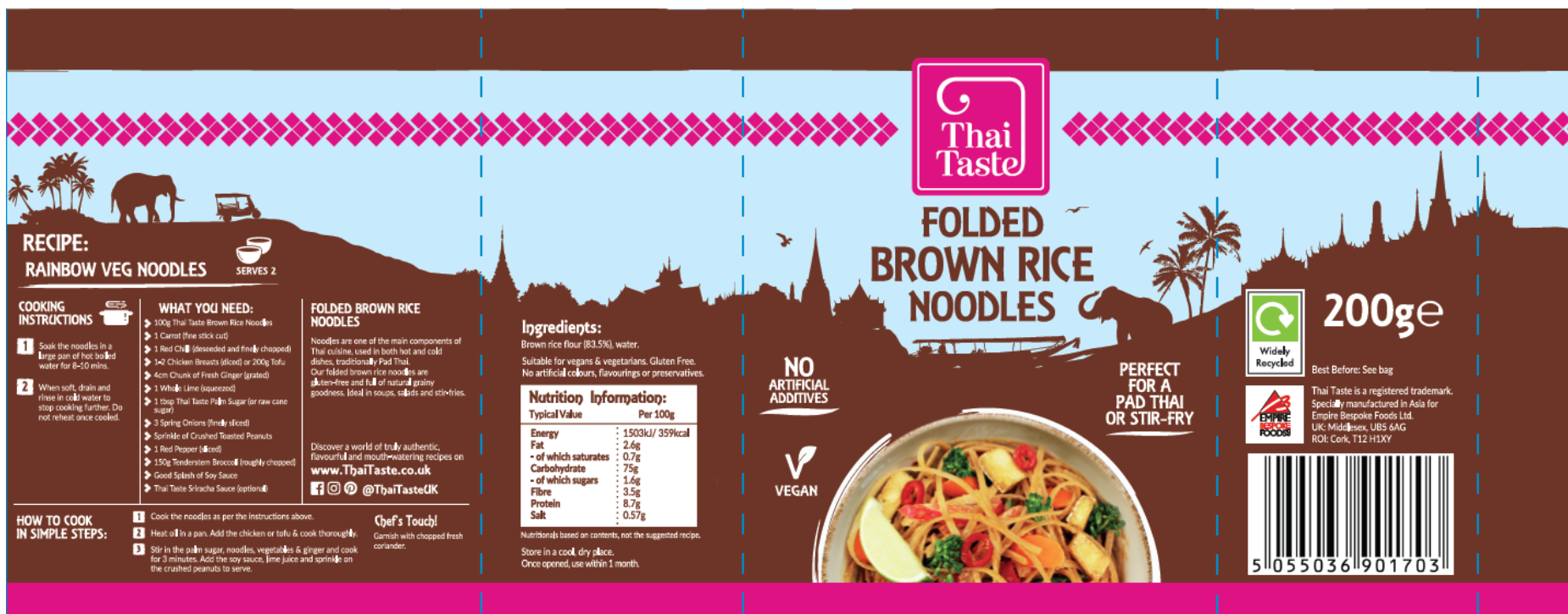




RECIPE:
RAINBOW VEG NOODLES

SERVES 2

COOKING
INSTRUCTIONS



- 1 Soak the noodles in a large pan of hot boiled water for 6-10 mins.
- 2 When soft, drain and rinse in cold water to stop cooking further. Do not reheat once cooled.

WHAT YOU NEED:

- 100g Thai Taste Brown Rice Noodles
- 1 Carrot (fine stick cut)
- 1 Red Chili (deseeded and finely chopped)
- 1x2 Chicken Breasts (diced) or 200g Tofu
- 4cm Chunk of Fresh Ginger (grated)
- 1 Whole Lime (squeezed)
- 1 tsp Thai Taste Palm Sugar (or raw cane sugar)
- 2 Spring Onions (finely sliced)
- Sprinkle of Crushed Toasted Peanuts
- 1 Red Pepper (diced)
- 150g Tenderstem Broccoli (roughly chopped)
- Good Splash of Soy Sauce
- Thai Taste Sriracha Sauce (optional)

FOLDED BROWN RICE NOODLES

Noodles are one of the main components of Thai cuisine, used in both hot and cold dishes, traditionally Pad Thai. Our folded brown rice noodles are gluten-free and full of natural grainy goodness. Ideal in soups, salads and stir-fries.

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HOW TO COOK
IN SIMPLE STEPS:

- 1 Cook the noodles as per the instructions above.
- 2 Heat oil in a pan. Add the chicken or tofu & cook thoroughly.
- 3 Stir in the palm sugar, noodles, vegetables & ginger and cook for 3 minutes. Add the soy sauce, lime juice and sprinkle on the crushed peanuts to serve.

Chef's Touch!

Garnish with chopped fresh coriander.

Ingredients:

Brown rice flour (83.5%), water.
Suitable for vegans & vegetarians. Gluten Free.
No artificial colours, flavourings or preservatives.

Nutrition Information:

Typical Value	Per 100g
Energy	1503kJ/ 359kcal
Fat	2.6g
- of which saturates	0.7g
Carbohydrate	75g
- of which sugars	1.6g
Fibre	3.5g
Protein	8.7g
Salt	0.57g

Nutritional based on contents, not the suggested recipe.

Store in a cool, dry place.
Once opened, use within 1 month.

NO
ARTIFICIAL
ADDITIVES



FOLDED
BROWN RICE
NOODLES

PERFECT
FOR A
PAD THAI
OR STIR-FRY



200ge

Best Before: See bag



Thai Taste is a registered trademark.
Specially manufactured in Asia for
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