

DINNERLY



Low-Cal Rice Noodle Stir-Fry with Green Beans & Bell Peppers



20-30min



2 Servings

Chewy, slippery rice noodles provide the perfect landing pad for a quick green bean and bell pepper stir-fry. Garlic, stir-fry sauce, and fresh cilantro leaves combine for a killer sauce. We've got you covered!

WHAT WE SEND

- 5 oz pad Thai noodles
- ½ lb green beans
- 1 bell pepper
- 3 oz stir-fry sauce ^{1,6}
- ¼ oz fresh cilantro

WHAT YOU NEED

- neutral oil
- garlic
- 2 large eggs ³
- kosher salt & ground pepper

TOOLS

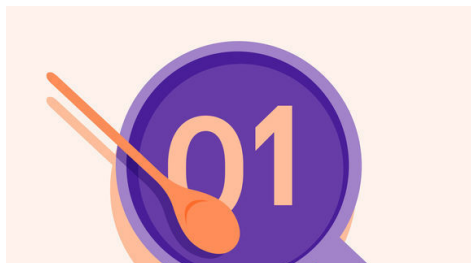
- large saucepan
- medium nonstick skillet

ALLERGENS

Wheat (1), Egg (3), Soy (6). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

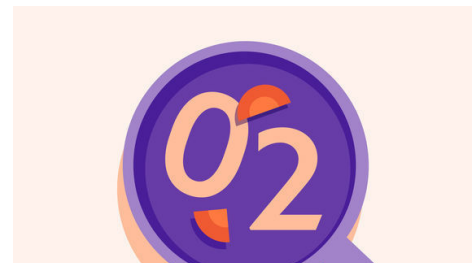
NUTRITION PER SERVING

Calories 600kcal, Fat 25g, Carbs 80g, Protein 17g



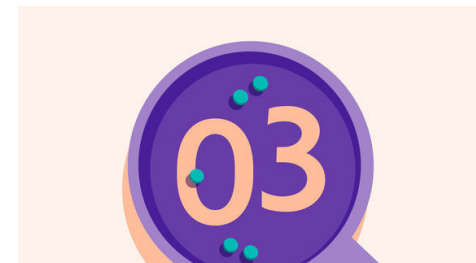
1. Cook noodles

Bring a large saucepan of **salted water** to a boil. Add **noodles** and cook, stirring occasionally to prevent sticking, until al dente, 6–8 minutes. Drain noodles, then rinse under cold running water and toss with **1 teaspoon oil**; set aside until step 5.



2. Prep ingredients

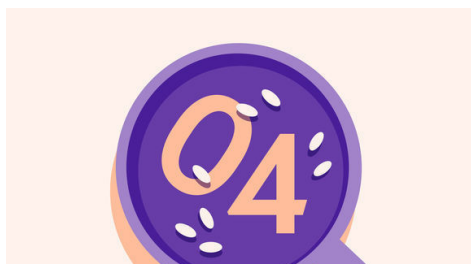
While **noodles** cook, trim ends from **green beans**, then cut in half crosswise. Halve **pepper** lengthwise, discard stem and seeds, then cut into ½-inch pieces. Peel and finely chop **1 teaspoon garlic**. Pick **cilantro leaves** from stems; discard stems.



3. Scramble eggs

In a small bowl, whisk **2 large eggs** with a **pinch of salt**.

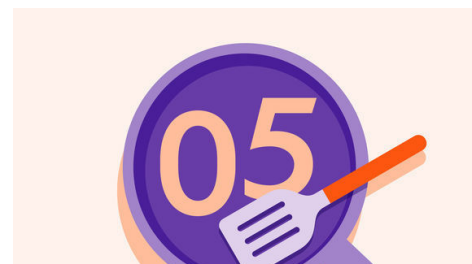
Heat **2 teaspoons oil** in a medium nonstick skillet over medium-high. Add eggs and gently stir until soft curds form, about 1 minute. Transfer to a cutting board. Once cool enough to handle, coarsely chop into large pieces. Wipe out skillet.



4. Cook veggies & aromatics

Heat **2 tablespoons oil** in same skillet over medium-high until shimmering. Add **green beans, peppers, and a pinch of salt**. Cook, stirring frequently, until browned in spots and crisp-tender, 4–6 minutes.

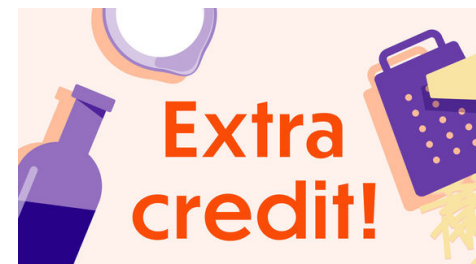
Add **chopped garlic**; cook until fragrant, about 30 seconds.



5. Finish & serve

Add **noodles** to skillet with **veggies** and cook, stirring, until coated, about 1 minute. Remove skillet from heat, then stir in **stir-fry sauce, scrambled eggs, and half of the cilantro leaves**. Season to taste with **salt and pepper**.

Garnish **rice noodles** with **remaining cilantro**. Enjoy!



6. Did you know?

Research shows that about ⅓ of food in US grocery stores is thrown out. Here at Dinnerly, we only buy what we need, when we need it, which is why <1% of our food goes to waste. On top of that, we are committed to cutting our food loss and waste by another 50% by 2030.