

DINNERLY



Low-Cal Basil-Ginger Rice Noodles with Green Beans & Bell Peppers



20-30min



2 Servings

Gluten-free rice noodles provide the perfect landing pad for a quick green bean and bell pepper stir-fry. Ginger, garlic, stir-fry sauce, and fresh basil leaves combine for a killer sauce. We've got you covered!

WHAT WE SEND

- 5 oz pad Thai noodles
- 4 oz green beans
- 1 bell pepper
- 1 oz fresh ginger
- ¼ oz fresh basil
- 3 oz stir-fry sauce ^{2,3}

WHAT YOU NEED

- neutral oil
- garlic
- 2 large eggs ¹
- kosher salt & ground pepper

TOOLS

- large saucepan
- medium nonstick skillet

ALLERGENS

Egg (1), Soy (2), Wheat (3). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 530kcal, Fat 25g, Carbs 66g, Protein 15g



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** and **1 tablespoon ginger**. Pick **basil leaves** from stems and tear any large pieces in half.



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.

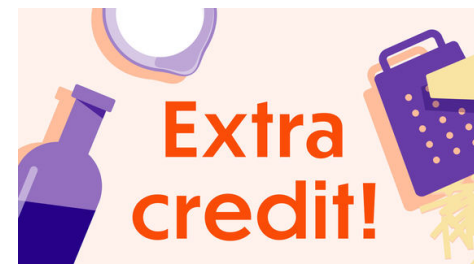
Add **chopped garlic and ginger**; cook until fragrant, about 30 seconds.



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 basil**. Season to taste with **salt and pepper**.

Garnish **basil-ginger rice noodles** with **remaining basil**. Enjoy!



6. Spice it up!

Get your taste buds dancing with a splash of sriracha before digging in! Or make your own chili oil by combining chili flakes with a neutral oil.