

MARLEY SPOON



Low-Cal Veggie Noodle Bowl & Peanut Dressing:

Martha Stewart & Marley Spoon Does Lunch!



20-30min



2 Servings

The quality of the day hinges on the quality of lunch. There are no hours, only Before Lunch and After Lunch. So, whether you're at home, or at work (or if that's the same place) - treat yourself! Put down the instant noodles! Unhand the soggy sandwich! This umami-laden veggie noodle bowl is everything lunch should be: easy, quick, light enough to not weigh you down, but filling enough to keep you going until dinnertime!

What we send

- 4 oz cellophane noodles
- 12 oz collard greens
- 1 carrot
- 1 bell pepper
- 1 oz salted cashews ¹
- 1 lime
- 1 oz peanut butter ²
- ½ oz tamari ³
- 2½ oz peas
- 3 oz Japanese dressing ^{3,4}

What you need

- kosher salt & ground pepper
- apple cider vinegar (or white wine vinegar)
- sugar
- neutral oil

Tools

- large saucepan
- fine-mesh sieve

Allergens

Tree Nuts (1), Peanuts (2), Soy (3), Wheat (4). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

Nutrition per serving

Calories 630kcal, Fat 26g, Carbs 91g, Protein 16g



1. Cook noodles

Bring a large saucepan of **salted water** to a boil. Add **noodles** to boiling water and cook, stirring to prevent sticking, about 3 minutes. Drain noodles in a fine-mesh sieve, rinse under cold water, and drain again. Set noodles aside until ready to serve. Reserve saucepan for step 4.



4. Sauté vegetables

Heat **1 tablespoon oil** in reserved saucepan over medium-high. Add **carrots** and **peppers**; cook, stirring, until crisp-tender and lightly browned in spots, about 2 minutes. Add **collard greens** and **peas** and season with **salt** and **pepper**. Cook, stirring, until collards turn bright green and are just beginning to wilt, about 2 minutes.



2. Prep ingredients

Meanwhile, remove and discard tough center stems from **collard greens**, then stack leaves and coarsely chop. Scrub **carrot**, halve lengthwise, and thinly slice crosswise into half moons. Halve **pepper**, remove stem and seeds, then cut into ½-inch pieces. Coarsely chop **cashews**.



5. Eat now!

Off the heat, add **1 packet of the Japanese dressing** to **vegetables** and toss to coat. Place **noodles** in serving bowls and **squeeze remaining Japanese dressing** over **noodles**, then top with **vegetables**. Sprinkle **cashews** on top and drizzle with **peanut dressing**. Enjoy!



3. Prep peanut dressing

Squeeze **1 tablespoon lime juice** into a small bowl; cut any remaining lime into wedges. Add **peanut butter**, **tamari**, **1 tablespoon each of vinegar and hot tap water**, and **¼ teaspoon sugar**, whisk until smooth. Season to taste with **salt** and **pepper**.



6. Eat later!

Transfer **noodles** to storage containers, then squeeze **remaining Japanese dressing** over. Top with **vegetables**, sprinkle **cashews** on top, and drizzle with **peanut dressing**. Cover and store in refrigerator until ready to eat (reheat in microwave, if desired, but may be eaten cold). Enjoy!