

Black Bean Stir Fry with Noodles

🍳 2 servings

525 Kcal / serving

22g Protein 12g Fat 85g Carbs

Ingredients

- 100g - **Wholewheat noodles**
- 1 (150g) - **Onion**
- 1 (150g) - **Red pepper**
- 1 (150g) - **Carrot**
- 150g - **Mangetout**
- 1 - **Garlic clove**
- 5cm (10g) - **Piece fresh root ginger**
- 1 tablespoon (15g) - **Rapeseed or olive oil**
- 400g (250g) - **Tin black beans, drained and rinsed**
- 2 tablespoon (30g) - **Reduced salt soy sauce**
- ½ teaspoon (2.5g) - **Dried chilli flakes**
- 2 teaspoons (10g) - **Toasted sesame seeds**
- 1 tablespoon (20g) - **Honey**



The Method

Place the noodles in a pan and cover with water. Bring to the boil, then reduce the heat and simmer for 2-3 minutes until soft but have a slight chew.

Meanwhile, peel the onion, then cut in half and thinly slice. Remove the core from the red pepper and cut the flesh into thin slices. Peel the carrot and cut into matchsticks. Cut the mangetout into strips. Peel the garlic and ginger and then finely grate.

Heat a wok or large non-stick frying pan over a high heat. Add the oil and then tip in the onion and stir-fry for 1-2 minutes until just beginning to colour. Tip in the chilli flakes, tossing to combine. Add the garlic and ginger, red pepper, carrot and stir-fry for another 2-3 minutes until the vegetables are tender but still crunchy, adding a tablespoon of water if you think it needs it.

Tip in the black beans and cooked noodles, then sprinkle over the soy sauce and honey. Continue to stir-fry for a minute or so until the beans and noodles are hot. Add the mangetout and stir-fry for another minute.

Divide the black bean stir-fry with noodles into bowls and scatter over the sesame seeds to serve.

🌱 Suitable for vegetarians