

# TERIYAKI-STIR-FRY WITH PULLED OATS & NOODLES

2 persons / 521 kcal per portion

Ingredient:

- 100 gram mihoen rice noodles
- 175 gram pulled oats (Gold&Green)
- 1 glove of garlic
- 200 gram stir-fry vegetables
- 100 ml teriyaki wok sauce (Go-Tan)
- 1 tablespoon olive oil
- 10 gram sesame seed



Preparation:

Prepare the noodles according to the instruction on the package. Meanwhile heat 1 tablespoon oil into a stir-fry and stir-fry the vegetables and garlic for 3 minutes over medium heat. Add the pulled oats and teriyaki wok sauce and stir-fry for 2 minutes. Add the noodles to the mixture. Sprinkle the dish with sesame seeds. Serve immediately.

Nutritional value per portion:

Energy:	521 kcal
Protein:	33.5 grams
Carbohydrates:	62.2 grams
- including sugars:	11.7 grams
Fat:	13.7 grams
Fiber:	5.2 grams
Salt:	2.4 grams