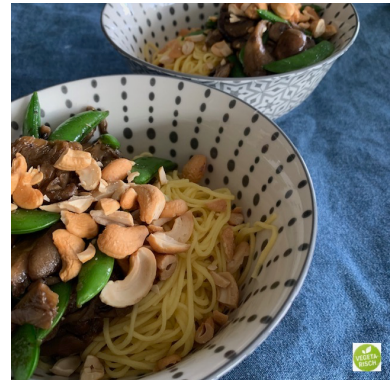


MUSHROOMS & SUGAR SNAPS WITH EGG NOODLES AND CASHEW NUTS

2 persons / 536 kcal per portion

Ingredients:

- 125 grams Chinese egg noodles
- 125 grams chestnut mushrooms
- 150 grams oyster mushrooms
- 1½ tablespoon of oil
- 1 clove of garlic
- 100 grams sugar snaps
- 2 tablespoons sweet soy sauce
- 50 grams unsalted cashew nuts
- pepper and salt



Preparation:

Coarsely chop cashews. Clean the sugar snaps. Prepare egg noodles according to instructions. Wipe mushrooms and slice them. Heat oil in a wok, squeeze garlic above and stir fry for 1 minute. Add the mushrooms and sugar snaps and stir fry for 5 minutes. Add the soy sauce and stir. Season with salt and pepper. Divide noodles and mushroom mixture over 2 plates. Sprinkle with cashew nuts.

Nutritional value per portion:

Energy:	536 kcal
Protein:	20.6 grams
Carbohydrates:	58.9 grams
- including sugars:	4.9 grams
Fat:	22.7 grams
Fiber:	6.8 grams
Salt:	1.6 grams