

**SACRED
HEART** 
MISSION



**FROM OUR TABLE
TO YOURS**

A recipe from our Dining Hall

BANGKOK NOODLES

A dish everyone will love!

Servings: 4

INGREDIENTS

- 1 onion - sliced
- 4 cloves of garlic - crushed
- Ginger or galangal 3cm piece peeled & grated
- 4 makrut/thai lime leaves very finely sliced
- 1 small eggplant - cut into batons
- 1 zucchini - cut into batons
- 1 small head of broccoli - florets
- 200gm mushrooms - sliced
- 1 cup of bean sprouts
- 1 packet of rice noodles
- 1 can of coconut cream
- Small bunch of chopped coriander
- 2 limes - wedges



DIRECTIONS

- 1 Prepare noodles according to direction on packet
- 2 In a wok or large pan, stir-fry the onions for 1 minute in vegetable oil, add garlic and ginger/galangal and fry for another minute
- 3 Add in 320g of your preferred protein, cook thoroughly and remove from wok
- 4 Fry eggplant for 1 minute. Add mushrooms and fry until eggplant is just softening. Add zucchini and broccoli and fry until starting to soften (add a small amount of water to wok to create steam)
- 5 Add cooked protein back into wok
- 6 Add the coconut cream and Makrut/Thai lime leaves and allow to simmer for 5-6 minutes (if you like chilli, add some finely chopped chilli)
- 7 Once vegetables are cooked toss noodles through. Serve garnished with fresh coriander and lime wedges



DID YOU KNOW?

Our meals program feeds up to 400 people every single day of the year.