



Chow Mein Veggie Night

Ingredients

- 32 g MAGGI RECIPE BASE CHOW MEIN NATURAL 32G
- 1 pkt Maggi 2 Minute Noodles Oriental
- 150 g Onion
- 400 g White Mushroom
- 3 cups Cabbage
- 450 g Mixed vegetables

Instruction

1. Heat 2 tsp oil in a pan or wok, add mushrooms, stir fry for 2 minutes, add vegetables and stir fry for a further 2 minutes.
2. Combine 1 cup (250mL) water and MAGGI Recipe Base; add to pan or wok, bring to the boil and stir through.
3. Cook MAGGI 2 Minute Noodles according to directions on packet discarding flavour sachet, drain well and add to vegetable mixture; stir through and serve. No need to add extra salt. Enjoy!

Nutrition

Carbohydrates	32.4 g
Energy	205.7 kcal
Fats	4.44 g
Protein	10.71 g

🕒 25 Minutes

⊕ 4 Portions