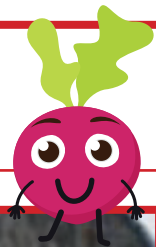


# LAMB WITH BUCKWHEAT NOODLES & TOMATO DRESSING



**Serves 2**

Nutrition per serving

kcal

477

fat

12g

saturates

3g

carbs

60g

sugars

22g

fibre

8g

protein

30g

salt

1.2g

## Ingredients:

- 12 cherry tomatoes, quartered
- 1 tsp fish sauce
- juice and zest 1 lime
- 1 tbsp sweet chilli sauce
- 100g buckwheat noodle
- 2 tsp rapeseed oil
- 1 red onion, halved and sliced
- 1 carrot, cut into matchsticks
- 1 red pepper, deseeded and sliced
- 100g shredded white cabbage
- 200g lean lamb loin fillet or steaks, diced
- 4 tbsp chopped fresh mint

## Method:

1. Lightly squash the tomatoes with the fish sauce, lime juice and zest, and the chilli sauce. Cook the noodles following pack instructions.
2. Meanwhile, heat the oil in a wok and stir-fry the onion, carrot and pepper for 5 mins or until softening. Add the cabbage and cook for a few mins more. Remove the vegetables from the pan, add the lamb and cook for 5-8 mins so that it is still tender and juicy. Take the pan off the heat, toss in the noodles, vegetables, tomato dressing and mint, and serve.