

## Veg Upside Down Noodles (Mine Reversé Veg)

### Ingredients

1 Paquets MAGGI® 2 Minutes Masala instant noodles

1/20 Onions, raw

1/20 Peppers, sweet, yellow, raw

1/20 Peppers, sweet, red, raw

15 grammes Produits à base de tomates, en conserve, en purée, sans sel ajouté

4 cuillères à soupe Chives, raw

1/20 teaspoons Spices, turmeric, ground

1/20 teaspoons Spices, cumin seed

1/20 teaspoons Épices, paprika

1 cuillères à soupe Soy sauce made from soy (tamari)

3 cuillères à soupe Huile, olive, salade ou cuisine

20 grammes Paneer

5 grammes Bok Choy

### Instructions

1. Pour olive oil into a pan - add the onion and peppers then let fry. Stir in the paneer and cook for a few minutes. Then add the tomato puree, all the spices and half of the MAGGI seasoning. Pour in a little water if necessary.
2. In a wok, sauté the bok choy with a little oil and soy sauce.
3. Boil the noodles for 2 minutes. Drain the noodles and reserve the water. Pour the noodles and the rest of the MAGGI seasoning into a bowl. Add a little cooking water to prevent them from sticking.
4. To dress the dish; As with the inverted bowl, install the bok choy first, then the paneer mixture and the noodles last. Place a dish on the bowl and turn over. Garnish with chives.

### Nutrients

Les glucides	55.98
Énergie	790.04
Les graisses	58.61
Protéine	13.64

17 Minutes

1 Servings