KINGTON CAN COOK

Veggie Stir-Fry Noodles

This speedy and colourful dish is based on the Chinese favourite takeaway dish , Chow Mein.

SERVES 4 Vegetarian
Prep time: ? minutes
Cooking time: ? minutes

INGREDIENTS

3 tablespoon vegetable oil
1 medium onion
2 garlic cloves
1 red chilli
2 medium carrots
1/2 small broccoli head
1/4 cabbage head
4 spring onions
150g bean sprouts
250g medium dried egg noddles
1 teaspoon Chinese five spice (Or garam masala)
4 table spoons light Soy sauce
Salt and pepper

EQUIPMENT

Knife
Chopping board
Peeler
Large deep non-stick frying pan (30cm) or wok
Measuring spoons
Wooden spoon
2 medium bowls
Large plate or bowl

ALLERGENS

Eggs Soya, Gluten

METHOD

1. Peel the onion and dice finely. Peel the garlic and chop finely. Cut chilli in half, remove the seeds and slice finely. Place the onion, garlic and chilli in a bowl.

2. Peel the carrots and cut into thin batons. Slice the broccoli stalk into batons then cut the head into florets. Set aside in another bowl.

3. Remove any tough outer leaves from cabbage. Cut off the central core then slice finely and set aside.

4. Cook the noodles in boiling water according to the cooking instructions on the packet. Drain well, refresh under cold water if possible, thin stir in a tablespoon of vegetable oil to prevent the noodles from sticking together.

5. While the noodles are cooking, remove the outer skins of the spring onions and slice finely.

6. Heat 1 tablespoon vegetable oil in the frying pan then add the sliced onion, garlic and chilli and stir-fry over a medium heat for approx. 2 mins.Increase the heat to high, add the carrot and broccoli and stir fry for a further 3 mins.

7. Add the cabbage and stir fry for another 3 mins.

8. When the vegetables are soft (but still with a bite), stir through the Chinese 5 spice.

With thanks to Cooking Up Richmond for their help and support

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SAFE STORING & REHEATING

Cool, refrigerate and eat within 3 days. Reheat gently until piping hot. You may need to add a little water

9. Take the pan off the heat and carefully tip the vegetables onto a plate or into a bowl.

10. Place the pan back on the heat, add the remaining tablespoon of oil and when hot, add the drained noddles, 3/4 of the spring onions and beansprouts.

11. Stir-fry for a minute, then add the vegetables and soy sauce. Mix well ,gently turning the noodles and season with a little pepper. (You may not need slat as the soy is very salty). Garnish with the remaining spring onions and serve.

TIPS

Stir-fry leftover beansprouts with some oil, season with soy, and freeze. Use them the next time you make a stir-fry.
Try adding some cooked chicken, prawns or tofu for some extra protein.

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