

Crispy Noodles & Vegetables

Prep veg (separate)

- 1 teaspoonfuls garlic paste
- 2 teaspoonfuls ginger paste
- 1 onion, chopped
- 1 handful of beansprouts
- 2 spring onions, sliced

Prep veg (combine)

- 1 carrot, sliced
- 30g bamboo shoots
- 3 baby corn cobs, sliced
- 25g mangetout
- 35g canned straw mushrooms

Prep sauce (combine)

- 3 teaspoonfuls dark soy sauce
- 3 teaspoonfuls light soy sauce
- 0.5 teaspoonful white pepper
- 0.5 teaspoonful salt
- 6 teaspoonfuls mushroom stir-fry sauce
- 75ml vegetable stock

Prep rest (separate)

- 2 nests of dried fine egg noodles or dried fine rice noodles
- Vegetable oil
- Coconut oil
- 6 teaspoonfuls cornflour
- Sesame oil

Instructions

1. Cook **noodles** a bit less than as per instructions, just until soft, drain and cool.

2. Shallow fry in **vegetable oil** in a frying pan or wok until crispy, then flip them over to crisp the other side. Turn out onto kitchen paper to drain; cover to keep warm.

3. Heat the **coconut oil** in a frying pan or wok, cook the **ginger** and **garlic** for a minute or so, then add the **onions** and cook for a couple of minutes until soft.

4. Add the combined **carrot, bamboo shoots, corn cobs, mangetout** and **mushrooms**. Cook for a minute, then add the **beansprouts** and **spring onions**, mixing well.

5. Add in the combined **dark soy sauce, light soy sauce, pepper, salt, mushroom stir-fry sauce** and **vegetable stock**, then bring to the boil.

6. Mix the **cornflour** with about twice as much water, and add to the pan slowly. Stop if the sauce gets too thick.

7. Remove from the heat and stir in the **sesame oil**.

8. Add the vegetable mix on top of the noodles and serve.
