

recipe



Local service...National scale

Chilli Vegetable Noodles -Vegetarian

Enjoy tender Chinese vegetables and egg noodles
tossed in a sweet chilli dressing.

Ingredients

- 2 tsp toasted sesame seeds
- 1 red pepper, deseeded and finely sliced
- 100 g shitake mushrooms
- 225 g sliced bamboo shoots in water, drained
- 220 g whole water chestnuts in water, drained
- 1/2 red chilli, finely sliced
- 1 spring onion, finely chopped
- 1/2 tsp Chinese 5 spice
- 1 tsp sweet soy sauce
- 2 tbsps sweet chilli and garlic stir-fry dip
- 500 g medium egg noodles
- 4 sprays Fry Light sunflower oil
- 200 g pak choi, broken into leaves

SERVES	4
PREPARATION TIME	5 minutes
COOKING TIME	5 minutes

EACH SERVING CONTAINS

Calories:	578kcal	29% GDA
Sugar:	10g	12% GDA
Fat:	13g	19% GDA
Saturates:	3g	15% GDA
Salt:	1.6g	27% GDA

GDA - Guideline Daily Amount

Method

1. Bring a pan of water to the boil and heat a non-stick wok until hot. Mix together the sesame seeds, red chilli, spring onions, Chinese 5 spice, soy sauce and sweet chilli sauce. Set aside. Plunge noodles into boiling water and cook until tender, according to packet instructions. Drain.
2. Spray the wok with oil and when hot, stir-fry all the vegetables for 3-5 minutes until tender. Toss through the dressing and serve with the noodles.