

Singapore Noodles

Serves 4



Ingredients (allergens in bold)

- 250g rice noodles
- 1 tbsp curry powder
- 2 tbsp reduced salt soy sauce
- 2 tbsp water
- 2 tbsp sesame oil or sunflower oil
- 2 garlic cloves, peeled and crushed or finely chopped
- 3cm piece root ginger, peeled and grated
- 1 red or green chilli, de-seeded and finely chopped
- 4 spring onions, sliced into 2cm lengths
- 1 red pepper, thinly sliced
- 100g green beans, cooked in boiling water for 2 minutes & drained
- 100g button mushrooms, sliced
- 50g frozen peas
- 1 egg, beaten
- 150g cooked chicken, **prawns** or **tofu**

Method

1. Put the rice noodles in a bowl and pour over boiling water. Leave to soak according to the instructions on the packet. Drain then return to the bowl.
2. Mix half the curry powder with the soy sauce and water and pour over the noodles. Toss to get them all coated and leave to one side.
3. Heat the oil in the wok, add the garlic, ginger, chilli, spring onions and the rest of the curry powder. Stir-fry over a high heat for 30 seconds.
4. Add the vegetables and stir fry for 2 minutes, then push them to the side of the wok and pour the beaten egg into a clear area of the wok. Cook the egg until almost cooked then scramble into the veg.
5. Mix in the cooked chicken, prawns or tofu and the flavoured noodles. Toss everything together and heat for 2-3 minutes. Serve immediately.



Equipment

- kettle
- mixing bowl
- colander or large sieve
- chopping board
- sharp knife
- small bowl
- fork
- wok or a deep-sided frying pan

Recipe notes and tips

- You can also use 'straight to wok' noodles but these are a bit more expensive than dried.
- Left over roast meat works well in this recipe.
- If you can't eat eggs, leave them out.