Singapore Noodles

Serves 4

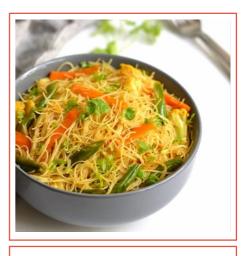


Ingredients (allergens in bold)

- 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

- 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.
- 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.