

Chinese Stir-fry Noodles

Chinese noodles fried in a tasty sauce with vegetables

The secret is in the sauce, and this can be made up well in advance and stored in the fridge until needed. For this recipe you will only require half of the amount. The rest can be placed in the fridge until next time; but before use it should be stirred well with a teaspoon because the cornstarch settles to the bottom.

Sauce – enough for 2 batches

½ cup light soy sauce
 ½ cup oyster sauce
 ¼ cup dry sherry or Chinese wine
 ¼ cup cornstarch (cornflour)
 1 Tbsp sugar
 2 Tbsps sesame oil
 1-2 tps ground white pepper
Put the sauce ingredients in a glass jar, screw on the cap and give it a good shake to mix.



½ cup cold water 125g Long-life noodles (CHANG's are good) + boiling water
 1 Tbsp light-tasting olive oil 5 cups of uncooked, stir-fry vegetables of your choice
 1 tsp minced garlic 1 tsp minced ginger 1 tsp Garam Marsala ¼ tsp Chinese five spices

Prepare the vegetables beforehand and place in a bowl covered with cold water to prevent drying out. I used green beans, sliced mushroom, sliced carrot, onion and celery cut in slivers, plus half a can of bamboo shoots. You could also include water chestnuts.

In a suitable bowl, place half a packet (2 blocks) of Chang's noodles. Leave the blocks whole and cover with boiling water, occasionally separating the noodles with a fork. After 3 minutes, drain and flush with cold water.

In a wok or deep frypan, heat the olive oil with the garlic, ginger and spices until sizzling on medium. Drain the vegetables, pop in the pan and stir fry for 3 minutes. Add **half of the sauce** and the half cup of water and toss for 2 minutes to coat the vegies.

Finally, pile on the noodles and continue tossing with the vegies for 2-3 minutes to heat through. Serve on warmed plates.

Serves 2; or more as an accompaniment to other Asian dishes okay to freeze

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