

Asian greens, shiitake, cashews & noodles



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Serves: 4

Preparation: 15 minutes

Cooking: 8 minutes



400g fresh egg noodles

1/2 cup unsalted cashews

1 tbs peanut oil

2 garlic cloves, crushed

2 tsp grated ginger

2 small red chillies, deseeded
and finely chopped

1 bunch baby bok choy, washed
and chopped

1 bunch gai lum*, washed and
chopped

150g shiitake mushrooms

1/4 cup salt-reduced soy sauce

1. Place noodles into a heat-resistant bowl, cover with boiling water and leave for 5 minutes. Drain and set aside.
2. Heat a large wok over high heat until hot. Add cashews and stir-fry for 1 minute or until golden. Remove and set aside.
3. Add oil, garlic, ginger, chillies, chopped stems of bok choy and gai lum (reserving leaves for step 4) and shiitake mushrooms to wok and stir-fry for 2 minutes or until shiitake mushrooms soften.
4. Add bok choy and gai lum leaves and soy sauce to wok and stir-fry for minutes or until leaves just wilt. Stir in noodles and cashews, toss to combine and serve.

* Gai lum is also known as Chinese broccoli.

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