

asian vegetable & noodle stir-fry



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Ingredients:

- 350g fresh hokkien noodles
- 1/4 cup sweet chilli sauce
- 3 tsp reduced salt soy sauce
- 1 tbs oyster sauce
- 1 tbs peanut oil
- 1 garlic clove, crushed
- 4 green onions, sliced
- 1 bunch baby bok choy, trimmed and chopped
- 1 bunch choy sum, trimmed and chopped
- 1 bunch snake beans, cut into 5cm lengths
- 2 tbs water or stock
- 100g shiitake mushrooms, thickly sliced

HEALTH BENEFITS:

Choy sum

- Good source of niacin, beta carotene and vitamin C. Niacin (vitamin B3) is needed for production of energy in the body; beta carotene is converted to vitamin A and is important for good vision while vitamin C's functions include formation of a vital substance in bones, teeth, gums, blood capillaries.

Method:

1. Place noodles in a heatproof bowl, cover with boiling water and leave for 3 minutes. Drain and set aside. Combine sweet chilli, soy and oyster sauces in a small jug.
2. Heat a wok over high heat. Add oil and heat until hot. Add garlic and green onions and stir-fry for 30 seconds. Add chopped stems of bok choy and choy sum (reserve leaves for step 3) and snake beans and stir-fry for 1 minute or until just tender.
3. Add noodles, 2 tbs water or stock and shiitake mushrooms. Cover and cook for 2 minutes. Add bok choy and choy sum leaves and combined sauces and stir-fry for 1–2 minutes or until leaves just wilt. Serve immediately.

Serves: 4

Preparation: 20 minutes

Cooking: 8 minutes