

## Quick broccolini, carrot & egg yaki udon noodles



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Preparation 15 mins | Cooking 8 mins | Serves 4

- 500g fresh udon noodles
- 2 tbs vegetable or rice bran oil
- 2 green onions (shallots), thinly sliced
- 1 carrot, thinly shredded
- 1 bunch broccolini, chopped
- 2 cups finely shredded Chinese cabbage (about ¼ small)
- 2 free-range eggs, whisked
- 1 tbs toasted sesame seeds
- 2 tbs salt reduced soy sauce (or to your taste)

**STEP 1** Place noodles into a large heatproof bowl. Cover with boiling water and stand for 1 minute or until noodles are just tender. Gently separate noodles and drain. Set aside.

**STEP 2** Heat oil in a wok or large non-stick frying pan over medium heat. Add green onions, carrot and broccolini and cook, stirring often, for 2-3 minutes until vibrant. Toss through cabbage and stir-fry for 2-3 minutes until tender. Stir in eggs and toss to cook for 1 minute or until set. Toss through noodles and soy sauce until hot. Sprinkle with sesame seeds and serve.

### Good for you... **BROCCOLINI**

*An excellent source of vitamin C, one of the vitamins that contributes to the body's immune function. A good source of beta carotene, which the body converts to vitamin A. This vitamin is necessary for the structure and function of our skin and also for normal vision. Broccolini provides folate, one the B vitamins needed for normal blood as well as growth and development in children. A good source of dietary fibre, which is important for maintaining the function of the intestine.*

