



NOODLE STIR FRY



15 mins preparation | 20 mins cooking



Serves 4



Vegetarian Friendly



Ingredients

- 1 pack of thin hokkien noodles (450g)
- 8 eggs
- 2 tbsp canola oil
- 2 tsp minced garlic
- 1 large carrot, peeled and coarsely grated
- 1 red capsicum, cored and cut in small strips
- 1 cup of broccoli, cut in small pieces
- 1 tin cut baby corn (410g), drained and rinsed
- 1 tin cut champignon mushrooms (400g), drained and rinsed
- ¼ cup water
- 2 tbsp soy sauce
- 3 tbsp oyster sauce

Method

1. Prepare noodles in a bowl according to packet instructions.
2. In a bowl, use a fork to whisk the eggs until combined and set aside.
3. Preheat a non-stick pan to medium heat and add 1 tbsp of oil. Add carrot and garlic. Sauté until garlic is slightly browned.
4. Add capsicum, broccoli, baby corn, champignon mushrooms and water to the pan. Place the lid on and cook, stirring occasionally until vegetables are tender, approximately 5 minutes.
5. Move the vegetables to one side of the pan. Add 1 tbsp of oil to the pan and pour in the egg mixture. Scramble the egg, stirring often until cooked.
6. Drain noodles and add noodles, soy sauce and oyster sauce to pan. Stir for 2 to 3 minutes to heat through.