

Noodles

Ingredients

150g dried noodles
1x5ml spoon oil
2 spring onions, chopped
50g beansprouts
1x15ml spoon soy sauce/fish sauce
½ 5ml spoon sesame seeds (optional)

Equipment

Wok/large pan, chopping board, knife, measuring spoons, fish slice.



Method

1. Cook the noodles as instructed on the packaging. Drain.
2. Heat the oil in wok/large pan.
3. Add the noodles, onion and beansprouts
4. Stir-fry for 2-3 minutes.
5. Add the soy/fish sauce.
6. Serve – garnish with sesame seeds, if desired.

Tips

- * You may wish to eat your noodles plain. If so, just cook as instructed on the packaging.
- * Add extra vegetables to create a noodle main meal, e.g. frozen peas, canned sweetcorn, sliced mushrooms, chopped red pepper.
- * You may wish to toast the sesame seeds.