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| SINGAPORE STYLE  NOODLES | | A picture containing text  Description automatically generated |
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| **Ingredients:**   * 1 packet of noodles (fine or medium egg noodles or rice noodles) * 6 oz sliced vegetables (eg green beans, broccoli, peas, cauliflower, carrots) * ½ large onion – sliced * 2/3 cloves of chopped garlic * 1 green chilli sliced finely * oil for stir frying * vegetable stock cube | | |
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| **Method:**   1. Soften the noodles in hot vegetable stock (made with the stock cube) 2. Add 1 tablespoon of oil to a frying pan (or a wok if you have one) and heat until hot (CAREFUL!) 3. Add the onions, chilli and garlic and stir fry for 1 min 4. Add the sliced vegetables, starting with harder vegetables, eg carrots 5. Stir continuously until vegetables cooked but still crunchy 6. Add noodles which by now will have absorbed the stock 7. Mix thoroughly and eat and enjoy | | |
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| A close up of a bird  Description automatically generated | Abundant Borders (SC049008)  web - abundantborders.org.uk & facebook.com/abundantborders  contact: robin@abundantborders.org.uk | |