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**Singapore Style Noodles – the Abundant Borders way**

**Ingredients**

1 packet of noodles (fine or medium egg noodles or rice noodles)

6 oz sliced vegetables (eg green beans, mange tout, broccoli, peas, cauliflower ,carrots)

½ large onion sliced

2/3 cloves of chopped garlic

1 green chilli sliced finely

oil for stir frying

Cup of vegetable stock

**Method:**

1. Soften the noodles in hot vegetable stock (can be made with stock cube)
2. Add 1 tablespoon of oil to the wok heat until hot
3. Add onions, chilli and garlic and stir fry for 1 min
4. Add sliced vegetables, starting with harder vegetables, eg carrots
5. Stir continuously until vegetables cooked but still crunchy
6. Add noodles which have absorbed stock, mix thoroughly

**With Steamed Fish**

**Ingredients**

1 piece of fish (per person)

2 cloves finely chopped garlic

1 green chilli

2 stems of spring onions, chopped, including green stems

2 tablespoons vegetable oil

**Method**

1. Put fish in pan and cover with cold water
2. Bring to a fast simmer,
3. Take off heat and allow to cook (10 mins)
4. Remove fish from water and transfer to warm serving dish
5. With care, remove the skin from fish
6. Sprinkle chopped ingredients over the cooked fish

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