

LUNAR NEW YEAR STIR FRY NOODLE RECIPE



**YEAR OF THE
DRAGON
2024**

INGREDIENTS:

- 1 PACKET NOODLES
- 1 TIN SWEETCORN
- 1 ONION
- 2 CARROTS
- 1/2 CABBAGE
- 8 MUSHROOMS
- 2 CLOVES GARLIC
- 2cm GINGER
- 2 tablespoons COOKING OIL
- 2 tablespoons SOY SAUCE

EQUIPMENT:

- 1 LARGE FRYING PAN OR SAUCEPAN
- 1 WOODEN SPOON
- 1 SHARP KNIFE AND CHOPPING BOARD

1. Cook the noodles as directed on the packet. Drain and rinse with cold water.
2. Peel and slice the onion
3. Peel the carrots and chop into matchstick pieces
4. Chop the cabbage into narrow strips
5. Slice the mushrooms
6. Peel and chop the garlic and ginger into small pieces
7. Open and drain the sweetcorn
8. Heat the oil in a pan over a medium heat, then add the garlic, ginger and onion and fry for 2 minutes, stirring often
9. Add the carrots, cabbage and mushrooms and cook for a further 5 minutes, stirring often - the vegetables should be cooked through but still crunchy
10. Add the sweetcorn and cooked noodles to the pan along with another dash of oil and the soy sauce. Gently mix everything together for 1 minute and then serve.

XIN NIAN KUAI LE 新年快乐

OPTIONAL EXTRA:

Crumble a drained tin of tuna into the stir-fry (check your dish for saltiness) then add another dash of soy sauce.