

UNHEALTHY OPTION

NOODLES



Same old boring noodles for dinner again?

Approx. cost:

90p - £1.40

Preparation and cooking time:

20 mins

Equipment needed:

frying pan, saucepan, chopping board and knife.

Ingredients

- 1/2 pint of stock (chicken or vegetable)
- 1/2 teaspoon sugar
- 1/2 teaspoon Chinese 5-spice
- 1/2 teaspoon soy sauce
- One handful of your choice from cooked chicken, prawns, pork, tofu pieces, bean curd or Quorn™
- Four handfuls of vegetables of your choice from the list on the reverse of this menu card
- One sheet of dried egg noodles

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Cooking Instructions

Step 1 – create your soup base

Place the following in a saucepan and bring to the boil.

1/2 pint of stock (chicken or vegetable), 1/2 teaspoon sugar,

1/2 teaspoon Chinese-5-spice and 1/2 teaspoon soy sauce

Turn the heat down so that the soup base is simmering.

Step 2 – add one handful of any of the following for protein.

Cooked chicken, prawns or pork, tofu pieces, bean curd or Quorn™

Simmer for one minute

Step 3 – add four handfuls vegetables; here are some suggestions.

Thinly sliced onions, mushrooms, carrots, courgettes or red peppers;

sugar snap peas, baby corn, beansprouts or peas; finely chopped

broccoli, Chinese lettuce or spinach

Step 4 - add the noodles.

One sheet of dried egg noodles is just the right amount, but

experiment with different types of noodles.

Stir the noodles with a fork to separate. Simmer for four minutes.

Pour into a bowl and slurp away!

This recipe can be easily adapted to make a stir-fry. Check out this and other recipes on the Healthy Campus website

Ready in 10 minutes

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