



Stir Fry Noodles with vegetables and prawns

Serves: 2-3

Preparation time: 10-15 minutes

Cooking time: 20 minutes

Ingredients:

- ½ of a 375g/13oz packet dried egg noodles
- 200g raw prawns
- ½ red pepper
- ½ yellow pepper
- ½ courgette
- 1 carrot
- 12 mange tout
- 4 baby sweetcorns
- 1 spring onion
- 2 garlic cloves
- 2.5cm piece of ginger
- 2 tbsp vegetable oil
- 1 tbsp soy sauce

Things you will need

- Large pan
- Colander for draining
- Chopping board and knife
- Wok or large frying pan
- Mixing spoon



Method

1. Place the dried noodles in a sauce pan and cover with boiling water for 5 minutes
2. Drain the noodles, cover them in cold water for 10-15 minutes then drain off the water
3. Slice all the vegetables, except the mange tout, into thin strips
4. Finely chop the garlic and ginger
5. Heat 2 tablespoon of oil in a wok or frying pan until hot then add the garlic, ginger and spring onions and stir fry for 2 minutes
6. Add the prawns and stir-fry for three minutes, then remove
7. Then add the vegetables and stir fry for 10 minutes
8. Add the cold drained noodles and partly cooked prawns to the vegetables and continue to stir fry for 3-5 minutes until everything is cooked through and piping hot
9. Add the soy sauce to the wok and stir until well combined



**Croydon
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