

LUCKY STIR FRY!



Lucky? Why is this stir fry lucky? Crazy as it may sound, it's lucky because it contains noodles. A noodle is long in length and therefore represents a long and healthy life in some Asian cultures. Noodles are often eaten as a lucky food at New Year. Those that can eat a long noodle without chewing it, or it breaking get to have long life.

This stir fry is full of veggie goodness and will probably aid a healthy life regardless!

INGREDIENTS:

- Peppers (red, yellow, green) one of each
- 1 courgette
- 1 clove of garlic
- 1cm of ginger (peeled and grated)
- 5 spring onions
- 1tbsp sesame seed oil or rapeseed oil
- 200g egg noodles
- 200g smoked tofu (or prawns)
- 80g cashew nuts (optional)

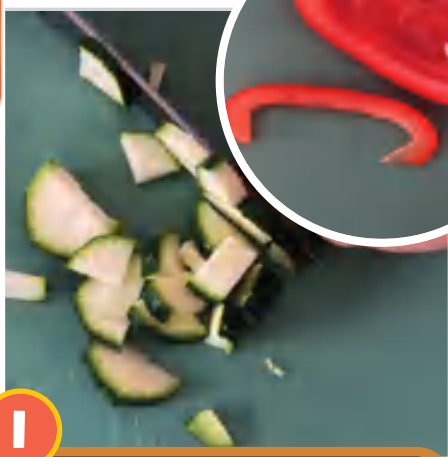
Serves 4



DRESSING:

- 80ml of (reduced salt if you have it) soy sauce
- 2 tbs of honey or maple syrup (taste test with each spoonful added). The sweetness will vary depending on which soy sauce you use.

WHAT TO DO:



1 Wash the veg thoroughly before slicing the peppers and courgettes thinly. Add to a big bowl.



2 Chop the tofu into chunks and place in a separate bowl.



3 Thinly slice the spring onion and the garlic or use a garlic crusher; place on a small dish.



4

Peel and grate the ginger and add to the small dish with the spring onions and garlic.



5

Boil a kettle and put your noodles into a large measuring jug or bowl. Carefully pour the boiling water over the noodles until they are completely covered. This is to soften them. Leave them in the water and put to one side.



6

Make your dressing in a small bowl. Mix together the soya sauce and honey or maple syrup. Use a spoon to ensure that both ingredients are thoroughly mixed together. Set to one side.



7

Heat 1tbsp of oil in your wok/frying pan. Quickly add the spring onions, garlic and grated ginger.



8

Once they are sizzling, add your chopped peppers and courgettes.



9

When the peppers have been cooking for at least 2 minutes, turn down the heat and add your tofu and cashew nuts.



10

Cook for a further minute, gently stirring the ingredients. Then using the tongs, fish out the noodles from the hot water and add them to the pan. Using two wooden spatulas or spoons, gently toss the noodles in the pan.

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Cook for one more minute before adding the dressing. Then your stir fry is ready to serve.

★ **HAPPY NOODLE MUNCHING!** ★