



May Recipe

Super Speedy Vegetable Noodles

Serves 2

Prep time 10 Minutes

Cooking time 10 minutes

Ingredients

- 1 stock cube or homemade stock about 500mls
- 2 Nest of egg noodles (or your preferred noodles)
- 1 small head of broccoli, chopped into bite sized pieces
- 1 tbs of cooking oil- Sesame oil works well.
- 200g of sliced mushrooms
- 3 or 4 spring onions
- ½ tsp dried chilli flakes, or a finely chopped fresh chilli
- One glove of crushed garlic.
- 2 Tablespoons of hoisin sauce
- Handful of cashew nuts

Method

1. Bring a pan of water to the boil and add the stock cube (or boil your homemade stock) Next add the noodles and cook for a couple of minutes, adding the broccoli towards the end of the cooking time.
2. Meanwhile heat a tablespoon of cooking oil and begin frying the mushrooms, adding in the garlic and chili flakes and half the spring onions as the mushrooms start to colour.
3. When the broccoli and noodles are cooked drain them, reserving a little of the cooking water. Add the broccoli and noodle to the mushroom pan and stir through the hoisin sauce and add the reserved cooking water.
4. Serve in bowls with the cashew nuts and any remaining spring onions on top.

You may like to swap the vegetables, depending on what is in season or to your taste. You could also add additional protein by adding chicken or tofu before frying the mushrooms. The Hoisin sauce could be substituted for a soy sauce.