

Sweet Chilli Stir Fried Noodles

Last Updated Saturday, 02 November 2019 09:40



Ingredients:

250g cubed chicken/steak

2 tsp crushed garlic

2 tsp ginger garlic

2 tsp dhana jeero

1-2 tsp chilli paste

1/2 tsp salt

Pinch of turmeric

4-6 Tbsp soy sauce

4 Tbsp sweet chilli sauce

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Optional – 2 tsp honey, chilli sauce

600g assorted vegetables:

Julienned - carrots, cabbage and onions

Diced - baby corn, sugar snap peas, mushrooms, pineapple and dates

250g boiled egg noodles/spaghetti

Method:

Heat 2 Tbsp olive oil in a wok or large pot. Braise the meat in the spices.

Add in the vegetables and cook till halfway done.

Add the noodles and sauces.

Simmer together and taste.

Add honey if you would like it sweeter and chilli sauce for more heat.

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Garnish with chopped chives and nuts if desired.