



## Mushroom & Garlic Stir Fry Noodles ( OP W)

Serving: 1

Veg

### *Ingredients*

- -7-8 Pieces button mushrooms
- - $\frac{1}{2}$  cup broccoli chopped into bit sized florets
- -1 cloves of garlic, crushed and diced finely
- -1 tsp of minced garlic
- -1 spring onions, sliced
- -1 tsp soy sauce
- - $\frac{1}{2}$  tsp of date paste
- -salt and pepper to taste
- -30 grms vermicelli noodles or any thin rice noodle (preferably whole rice noodles)

### *Preparation Method*

- -Boil a medium sized pot of water. Once it starts boiling, turn off the stove and put the noodles in the water.
- -In the meantime, chop the vegetables by slicing the mushrooms and chopping the broccoli. Heat a large wok, skillet or fry pan and add the mushrooms. When they begin to soften, add 2 tablespoons of water, soy sauce, pepper, garlic, ginger, date paste, cashews, broccoli and onions. If the pan becomes dry add more water. Stir-fry the vegetables over high heat for 5 minutes or until the broccoli becomes bright green. Taste the broccoli and decide whether it is cooked enough to your taste and check if the dish needs more salt.
- - Add the noodles and fold through the vegetables.