# Mains: Noodles

# Asian Garlic Noodles

Easy peasy Asian noodle stir-fry using pantry ingredients that you already have on hand. Quick, no-fuss, and made in less than 30 mins!

YIELD: 4 SERVINGS

PREP TIME: 15 MINUTES

COOK TIME: 15 MINUTES

**Ingredients**:

* 8 ounces spaghetti
* 12 ounces medium shrimp, peeled and deveined
* 1 tablespoon olive oil
* 8 ounces cremini mushrooms, sliced
* 1 red bell pepper, diced
* 2 zucchinis, diced
* 1 carrot, grated
* 2 tablespoons chopped fresh cilantro leaves

**For the Sauce:**

* 1/3 cup reduced sodium soy sauce
* 3 cloves, garlic, minced
* 2 tablespoon browns sugar, packed
* 1 tablespoons sambal oelek (ground fresh chilli paste), or more, to taste\*
* 1 tablespoon oyster sauce
* 1 tablespoon freshly grated ginger
* 1 teaspoon sesame oil

**Method**:

1. In a small bowl, whisk together soy sauce, garlic, brown sugar, sambal oelek, oyster sauce, ginger and sesame oil; set aside.
2. In a large pot of boiling salted water, cook pasta according to package instructions; drain well.
3. Heat olive oil in a large skillet over medium high heat. Add shrimp and 2 tablespoons soy sauce mixture, and cook, stirring occasionally, until pink, about 2-3 minutes; set aside.
4. Stir in mushrooms, bell pepper, zucchinis and carrot to the skillet. Cook, stirring frequently, until tender, about 3-4 minutes. Stir in spaghetti, shrimp and remaining soy sauce mixture until well combined, about 2-3 minutes.
5. Serve immediately, garnished with cilantro, if desired.

# Stir-fried beef with fine noodles

Tangy tamarind and lemongrass infuse a Thai-inspired sauce for tender strips of beef and fine rice noodles. Chilli brings a little heat. With mange-tout and baby sweetcorn adding pleasing colour and crunch, as well as all-important vegetable balance, this is a quick and easy dish that is a meal in itself.

## Serves: 2

**Prep time**: 20 mins

**Cook time:** 10 mins

## Ingredients

* 1 tsp tamarind paste
* 3 tbsp boiling water
* 2 tbsp soy sauce
* 2 tsp toasted sesame oil
* 1 tbsp rice wine (sake or mirin) or sherry
* 100 g (3½ oz) fine rice noodles, such as vermicelli
* 1 tbsp sunflower oil
* 225 g (8 oz) lean rump steak, cut into strips
* 85 g (3 oz) onion, cut into wedges
* 2 tsp chopped lemongrass
* 1 fresh red chilli, seeded and chopped
* 2 large garlic cloves, crushed
* 85 g (3 oz) mange-tout, halved diagonally
* 6 baby sweetcorn, sliced
* 100 g (3½ oz) fresh shiitake or chestnut mushrooms, sliced
* Soy sauce, for serving

## Method

1. In a small bowl, combine the tamarind paste and boiling water and leave to soak for 10 minutes, stirring frequently to break down the paste. Mix the resulting tamarind liquid with the soy sauce, sesame oil and rice wine or sherry.
2. While the tamarind is soaking, soak the rice noodles in boiling water for 4 minutes, or according to the packet instructions. Then drain, rinse under cold running water and set aside to drain thoroughly.
3. Heat the sunflower oil in a wok or very large frying pan and stir-fry the beef over a high heat for about 3 minutes or until cooked. Use a draining spoon to remove the beef from the wok and set it aside.
4. Add the onion, lemongrass, chilli and garlic to the wok and stir-fry over a high heat for 1 minute. Add the mange-tout, sweetcorn and mushrooms, and continue stir-frying for 2 minutes.
5. Return the beef to the wok. Add the tamarind liquid and the noodles and stir for about 1 minute to heat through. Serve immediately, offering soy sauce for extra seasoning as required.

# Asian Prawn and Noodle Soup

If you are looking for a noodle soup recipe that is bursting with flavour, then this recipe is definitely for you! For extra flavour, add a splash of rice wine or sake to the soup before serving.

## Serves: 6

**Prep time**: 15 mins

**Cook time:** 15 mins

**Ingredients:** 

* 1 dessertspoon vegetable oil
* 1 onion, chopped
* 2 cloves garlic, minced
* 1 tablespoon minced fresh root ginger
* 1 pinch dried crushed chillies
* 2L (3 pints) chicken stock
* 100g (4 oz) diagonally sliced carrots
* 100g (4 oz) diagonally sliced celery
* 100g (4 oz) mange-tout
* 350g (12 oz) fresh prawns, peeled and deveined
* 100g (4 oz) rice noodles
* 2 tablespoons soy sauce
* 1/4 teaspoon white pepper

## Method

1. In a large saucepan over medium heat cook onion, garlic, ginger and crushed chillies in oil for 2 minutes. Pour in stock, carrots and celery and bring to the boil. Reduce heat, cover and simmer 5 minutes. Stir in mange-tout and prawns, cover and cook 3 minutes.
2. Break noodles into 4cm (2 in) pieces and stir in to soup; cover and cook 3 minutes more, until vegetables are tender and prawns are pink. Stir in soy sauce and pepper and serve.

# Thai chilli chicken noodle soup

A satisfying and warming soup that's easy to prepare. Use the spicy Thai chilli sauce to add flavour rather than the sweet dipping sauce if you prefer to add some extra heat to your dish, but either will work.

## Serves: 6

**Prep time**: 10 mins

**Cook time:** 35 mins

## Ingredients

* 3 skinless, boneless chicken breast fillets
* 2L (3 1/4 pints) chicken stock
* 2 leeks, sliced
* 6 carrots, sliced
* 1 medium head cabbage, shredded
* 250g (9oz) egg noodles
* Thai chilli sauce to taste

## Method

1. Place chicken breasts and stock in to a stockpot or casserole. Bring to the boil and let simmer for about 20 minutes, or until chicken is cooked through. Remove the chicken from the stock and set aside.
2. Put the leeks and carrots into the pot and simmer them for 10 minutes, or until tender.
3. Shred the cooled chicken and return to the pot. Add the cabbage and egg noodles and cook another 5 minutes or until the noodles are soft. The soup should be thick like a stew. Serve hot and flavour to taste with Thai chilli sauce.

# Singapore noodles

So delicious and easy, and you can use any meat or veg you wish or omit the meat completely if you are vegetarian. Perfect for all occasions!

## Serves: 2

**Prep time**: 10 mins

**Cook time:** 10 mins

## Ingredients

* 1 chicken breast fillet, sliced into thin strips
* 2 tablespoons sesame oil
* 1/2 small onion, sliced thinly
* 1/2 red pepper, sliced into thin strips
* 1 clove garlic, grated
* 2 nests fine egg noodles
* 1 pinch dried chilli flakes
* 1 tablespoon sweet chilli sauce
* 2 tablespoons light soy sauce

## Method

1. Stir fry the chicken in the sesame oil until no longer pink at the centre, then remove from wok or pan.
2. Add in the onion and pepper and cook for about 5 minutes. You still want a bit of a bite to all the veggies. Add the garlic for the last minute of cooking; set aside.
3. Put the noodles in to cook as per packet instructions. Once cooked, place in pan with veggies, add in the chicken, chilli flakes, sweet chilli sauce and soy and stir till thoroughly heated and serve!

# Shanghai chow mein

Like it or not, the chow mein you taste from the food stalls in Shanghai are very hard to replicate at home. Probably because they are fried twice! The good news is that this homemade chow mein recipe tastes amazing!

## Serves: 2

**Prep time**: 20 mins

**Cook time:** 10 mins

## Ingredients

* 340g pork fillet, sliced into strips
* 3 tablespoons light soy sauce
* 1 tablespoon Shaoxing rice wine
* 2 teaspoons cornflour
* 450g Chinese egg noodles
* 1 tablespoon vegetable oil or sesame oil
* More oil for frying
* 2 teaspoons freshly chopped root ginger
* 1 spring onion, chopped
* A handful of greens, such as chopped kale or spinach
* 2 tablespoons dark soy sauce
* 1 teaspoon sugar
* 2 teaspoons vinegar

## Method

1. Mix pork strips with 2 tablespoons of light soy sauce, rice wine and cornflour; marinate for 20 minutes.
2. Bring a pot of water to the boil, stir in a pinch of salt; add noodles and cook until nearly soft. Remove and immerse in cold water. Drain, stir in oil and mix well.
3. Heat more oil in a preheated wok. Add ginger and spring onions; fry until fragrant. Add the pork and stir-fry for 5 minutes. Remove and reserve. Heat more oil in the hot wok, add noodles and stir fry for 5 minutes. Remove and reserve. Heat the oil again in the hot wok, add greens and stir-fry until cooked. Add the pork, 1 tablespoon of light soy sauce, dark soy sauce, sugar and vinegar; stir well. Add egg noodles, stir well and serve.