**Egg Noodles**

Prep time: 5 min Cook time: 10 min

**Ingredients:**

* 1 whole wheat noodle pack
* ½ cup cabbage, chopped
* ¼ cup French beans, chopped
* ¼ cup bell peppers thinly chopped
* 1 carrot peeled and thinly chopped
* 1 onion, thinly chopped
* ¼ cup spring onion, chopped
* 3 eggs, beaten in a bowl
* 3 tbsp sunflower oil
* 1 tbsp soya sauce
* 1 tbsp white vinegar
* 1 tbsp minced garlic
* 1 green chili, minced
* ½ tsp crushed pepper
* Low sodium salt, to taste

**Instructions:**

1. Boil 6 cups of water in a large pot. Add the noodles and cook according to the package instructions.
2. Drain the noodles in a colander, rinse with cold water, then toss with 1 tbsp oil to prevent sticking. Set aside.
3. Heat 2 tbsp oil in a pan over high heat. Add garlic, green chili, and spring onions, and sauté for 1 minute.
4. Add the onion and fry for another minute. Then, add the carrot, bell pepper, cabbage, and beans. Stir-fry for 2-3 minutes.
5. Push the vegetables to one side of the pan. On the empty side, crack in the eggs and lightly scramble until soft-cooked.
6. Add the noodles, salt, soy sauce, vinegar, and ground pepper to the pan.
7. Mix everything well and stir-fry for 2 more minutes.
8. Garnish with spring onions and adjust salt to taste.
9. Serve hot and enjoy!