**Veg Hakka 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 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 water in a large pot. Add the noodles and cook as per the package instructions until al dente.
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. Sauté for 1 minute.
4. Add onion and stir-fry for another minute.
5. Add carrot, bell pepper, cabbage, and beans. Stir-fry for 2-3 minutes until slightly tender but still crisp.
6. Add the cooked noodles, salt, soy sauce, and vinegar. Toss everything well.
7. Stir-fry for 2 more minutes, then add ground pepper and more spring onions. Adjust salt if needed.
8. Remove from heat and serve hot with a side of Veg or Chicken Manchurian.