

Sesame Udon noodles

Ingredients

2 cloves garlic, minced
1 tablespoon minced fresh ginger root
1/4 cup soy sauce
3 tablespoons rice vinegar
1/4 cup peanut oil
3 tablespoons sesame oil
1 dash hot pepper sauce
1/2 green bell pepper, julienned
1/2 red bell pepper, julienned
1/2 yellow bell pepper, julienned
4 green onions, minced
2 cups diagonally sliced snap peas
2 tablespoons sesame seeds, toasted
1 (7 ounce) package fresh udon noodles

Method

Step 1

In a bowl combine the garlic, ginger, soy sauce, rice vinegar, peanut oil, sesame oil and hot pepper sauce. Whisk well until well blended. Set aside to let the flavors blend.

Step 2

Bring a large pot of water to a boil. Add udon noodles, and cook until tender, about 3 minutes. Drain, and place in a serving bowl.

Step 3

In a wok or heavy-based frying pan, add a little oil, and then saute the green, red, and yellow peppers with green onion and peas. Fry until they begin to collapse. Add to the noodles to the pan and toss to coat.

Step 4

Now pour the dressing over all. Toss to coat everything in dressing, remove from the heat, and then sprinkle toasted sesame seeds over the top.

THE
COOKERY

by The Secret Jozi Chef