

Soba Noodles Sugar Snap Peas Recipe

Ingredients:

180 g soba noodles*
2 eggs
1 1/2 tablespoon vegetable oil
2 garlic cloves, finely chopped
2 cm piece ginger, finely chopped
1 carrot, cut into matchsticks
1 cup (80g) sugar snap peas, trimmed
5 scallions, thinly sliced
1 1/2 tablespoons tamari*
1/2 cup torn basil leaves (optional)

Method:

Place the soba noodles in a pan of boiling water and cook according to packet directions. Drain, rinse under cold water and set aside. Whisk the eggs in a bowl and season. Heat 1 teaspoon of the oil in a wok over medium heat. When hot, increase heat to high and pour in the egg. Swirl to coat base of wok and cook, uncovered, until omelet sets. Tip wok to one side and use a spatula to fold omelet in half. Slide onto a plate. Increase heat to high and add the garlic, ginger and remaining oil to the wok, then stir-fry for 30 seconds or until fragrant. Add the carrot, sugar snap peas and 1/4 cup (60 ml) water. Cook for a further 2 minutes or until the carrot and sugar snaps are just tender. Add the scallions and tamari and cook for a further 1 minute. Add the drained noodles and basil, if using, and toss to coat the noodles. Divide the noodles between two serving bowls. Slice the omelet into strips and place on the noodles. Serve.

soba noodles* - Japanese buckwheat noodles

tamari* - wheat-free soy sauce

(Above ingredients can be obtained from Asian and health food shops, and selected supermarkets)

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