

Stir-Fried Thin Egg Noodles Recipe

Ingredients: Serves 4

¼ bunch choy sum (Flowering Chinese broccoli)
300 g fresh thin egg noodles
¼ cup peanut oil
1 tablespoon ginger julienne
3 garlic cloves, peeled and diced
1 small red onion, peeled and cut in half and then into wedges
½ tablespoon sea salt
1 tablespoon fish sauce (optional)
3 dried Chinese Shiitake mushrooms, soaked in hot water for about 30 minute to soften and finely sliced
4 scallions, trimmed and cut into 10 cm lengths
1 large red chili, finely sliced on the diagonal
1 teaspoon sesame oil
1 cup bean sprouts, tails removed
1 tablespoon light soy sauce
pinch Sichuan pepper and salt, or to taste

Method:

Trim ends from choy sum, then cut crossways into thirds, wash thoroughly and drain. Blanch noodles in boiling salted water until 'al dente' - about 2 minutes and drain immediately. Refresh in cold water, then drain again thoroughly. Heat oil in a hot wok until the surface seems to shimmer slightly. Add ginger, garlic, red onion and sea salt, and stir-fry for 1 minute. Add noodles, choy sum, mushrooms, chili, fish sauce (if using) and sesame oil and stir-fry for a further minute, or until noodles are heated through. Finally, add bean sprouts and soy sauce and stir-fry for another 5 minutes. Arrange noodles in a bowl, sprinkle with Sichuan pepper and salt to taste and serve immediately.

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