

Stir-fried vegetables with crispy noodles

Total time **25 mins** 10 mins preparation time 15 mins cooking time

Nutritional facts (per portion):

1708 kJ / 408 kcal

INGREDIENTS

4 portion(s)

For the noodles:

Groundnut or rapeseed
oil for frying
150 g dried rice vermicelli
noodles

For the stir-fried vegetables:

2 red peppers, deseeded
and chopped
1 yellow pepper, deseeded
and chopped
1 red onion, peeled and
thinly sliced
2 carrots, cut into
matchsticks
150 g mange tout, halved
lengthways
150 g baby corn, halved
lengthways

For the stir-fry sauce:

3 tbsp Kikkoman Naturally
Brewed Soy Sauce
Juice of 1 lime
1 tbsp brown sugar
1 tsp grated root ginger
1 green chili, thinly sliced

PREPARATION

Step 1

Heat 5 cm (2 in) oil in a wok to 190°C/375°F or until a cube of bread browns in 30 seconds.

Step 2

Snip the vermicelli into short lengths with scissors and fry in batches for a few seconds until the noodles puff up and turn white and crisp. Drain onto a plate lined with kitchen paper and keep warm in a low oven.

Step 3

Mix together the Kikkoman soy sauce, lime juice, sugar and ginger.

Step 4

Drain all but 2 tablespoons of the oil from the wok and increase the heat to high. Add the peppers, onion and carrots and stir-fry for 3 minutes.

Step 5

Add the mange tout and baby corn and stir-fry for another 3 minutes.

Step 6

Pour the sauce into the wok and toss until the vegetables are coated. Stir-fry for a further 2 minutes.

Step 7

Divide the vegetables between serving plates and pile the noodles on top. Sprinkle over the chilli and serve at once.