Chow Mein

Ingredients serves 4

225g egg noodles

1tsp oil

2 carrots

115g green beans

115g mange tout

115g broccoli

115g courgettes

4 spring onions

2½ cms cube root ginger

1 clove garlic

2 tbs oil

1 tbs soy sauce

½ lemon

½ tsp salt

Method

1. Half-fill saucepan with water and bring to the boil.
2. Add noodles, boil for 4 minutes.
3. Drain noodles and rinse in cold water, mix in 1 teaspoon oil.
4. Peel carrots, cut into thin strips.
5. Trim beans and mange tout.
6. Trim and slice courgettes.
7. Trim broccoli.
8. Trim and slice spring onions
9. Peel the ginger and grate.
10. Peel and crush the garlic.
11. Heat oil in the pan, add garlic, ginger, carrots, beans and broccoli.
12. Stir fry for 4–5 minutes.
13. Add the mange tout, spring onions, courgettes and noodles.
14. Add the soy sauce, juice of ½ lemon and salt.
15. Cook for 2 minutes to heat through.