



# NUTRITIOUS NOODLES

*By Mr Colchester and Miss Ormes*



## INGREDIENTS

- dry/ready to wok noodles
- broccoli
- spring onions
- sugar snap peas/mangetout
- baby corn
- garlic
- soy sauce
- packet of stir fry sauce

Optional extras:

- prawns
- beef
- chicken

## PREP TIME

- Prep | 5 m
- Cook | 15 m
- Ready in | 20 m

## PROCEDURE

- 01** If you are using dry noodles, you need to boil them in a pan for about 4 mins (1 noodle nest per person).
- 02** If you are having meat in your dish, add this to a frying pan or wok and cook completely.
- 03** Chop up the vegetables and add them to the pan to cook.
- 04** Add the noodles to the pan with the vegetables.
- 05** Add the sauce and mix thoroughly so that all the other ingredients are covered. You can add some soy sauce now too if you would like.
- 06** Cook everything for another 4-5 mins and then serve.