

stir fried thai noodles

cracking meals
under £1 per portion



Preparation: 15 mins

Cooking: 10 mins

Serves 4

225g dried medium egg thread noodles

45ml/3 tbsp vegetable oil

6 large British Lion eggs

1 red pepper, deseeded and sliced

2 carrots, peeled and cut into fine sticks

**100g/4oz dwarf green beans,
halved lengthways**

**2.5cm/1in piece root ginger,
peeled and grated**

6 spring onions, trimmed and shredded

2 tbsp red Thai curry paste

Wedges of lime to serve

1. Cook dried noodles in boiling water for 5mins or according to packet instructions. Drain the noodles, rinse in cold water, and then drain again.

2. Heat 15ml/1 tbsp of oil in a large frying pan or wok. Beat the eggs with 30ml/2 tbsp water, then add to the wok and cook for about 3 mins, stirring and scraping so that the egg forms lumps when it has set. Transfer to a plate and set aside.

3. Wipe out the wok; add the remaining oil then when hot, add the peppers, carrots and beans and stir fry for 4 mins. Add the ginger and spring onions and noodles, and stir fry for a further 2 mins.

4. Add the curry paste, eggs and 60ml/4 tbsp cold water. Cook over a high heat, tossing and stirring the noodles until well mixed. Serve in a bowl with wedges of lime if desired.

Eggonomics
www.eggonomics.co.uk

