

Friday night saucy noodles

Serves 4

Ingredients

1. 2 tablespoons oil, used in 1 tablespoon amounts throughout the recipe
2. 450g chicken breast, or firm tofu, cut into cubes or slices
3. 400g hokkien noodles (2 packets at supermarket)
4. 1 onion, sliced thinly or finely diced
5. 2 cloves garlic, finely chopped or 1 teaspoon crushed garlic
6. 150g mushrooms, thinly sliced
7. 225g (1 ½ cups) frozen peas
8. ¼ cup tomato sauce, ketchup, or tomato passata
9. 2 tablespoons soy sauce
10. 2 teaspoons curry powder
11. 1 lemon, halved
12. 1 pack Shanghai bok choy, cut into chunks with the green and white parts separated
13. Optional.
14. Chopped peanuts (to serve)

Directions

1. Heat one tablespoon of oil in a non-stick frying pan on the stove over high heat.
2. Cook the chicken breast until it is golden browned on the outside and cooked through, (the meat on the inside is white when you cut it open) or cook the tofu until it is golden brown and crispy on all sides. Set aside.
3. Cook noodles according to packet instructions. Set aside. Heat a wok or large and deep frying pan with the remaining oil on the stove over medium high heat, add the onions and cook until they are soft. Add garlic and mushrooms and stir fry until the mushrooms are cooked to your liking.
4. Turn the heat to high. Add frozen peas, tomato sauce (ketchup or passata), soy sauce, curry powder, juice of half the lemon and the white part of the bok choy. Stir until the sauce gets hot.
5. Add noodles, and the green part of the bok choy to the wok or pan. Test taste, add pepper as desired. Briefly stir the bean sprouts and tofu through the noodles, turn off heat.
6. Cut the remaining half of the lemon into wedges and serve the saucy veges with the noodles.

Enjoy!

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