



Chicken Stir Fry

INGREDIENTS:

- 200g flat, wide rice noodles (similar in shape to tagliatelle)
- 250g chicken breast fillet
- Flavourless oil, e.g. groundnut, for stir-frying
- 2 garlic cloves, peeled and finely sliced
- 200g tenderstem broccoli, cut in half lengthways
- About 2 tbsp soy sauce, to taste
- 2 eggs, beaten
- Sea salt and freshly ground black pepper
- Wedges of lime, to serve

DIRECTIONS:

1. If using dried noodles, soak them in warm water until softened, according to packet instructions. (This will take about 10 minutes, depending on the brand.)
2. Meanwhile, butterfly the chicken fillet by slicing through it horizontally, but leaving it joined down one side, then open it out. Flatten it with a rolling pin, then cut it diagonally into strips.
3. Heat a wok over a high heat and add a dash of oil. Season the chicken with salt and pepper, and stir-fry for about 3 minutes until golden brown all over but not quite cooked through.
4. Add the garlic and stir-fry for 30 seconds, then add the broccoli and continue to stir-fry for a few minutes until tender; add the soy sauce to season. When the broccoli is tender, remove the contents of the wok and set them to one side. Wipe out the wok, add a dash of oil and heat through.
5. Drain the soaked noodles. Add the eggs to the hot wok, season and stir over the heat, allowing the bottom of the egg to cook. Add the noodles and toss well, breaking up the egg as you do so. Return the chicken and broccoli mixture to the wok and heat through, stir-frying over a medium heat.
6. Serve the noodles immediately with wedges of lime to squeeze on top.



Poached Egg and Noodle Soup

INGREDIENTS:

- 2 tbsp light/white miso paste, to taste
- 2 cm piece of fresh root ginger, peeled and grated
- 3 dried shiitake mushrooms, rehydrated then sliced
- Soy sauce, to taste
- 100 g Portobello mushrooms
- 200 g fresh noodles, e.g. udon
- 75 g baby spinach leaves
- 2 eggs
- 2 spring onions, trimmed and finely chopped, to garnish

DIRECTIONS:

1. Pour 750 ml water into a saucepan and bring to a simmer over a medium heat. Add the miso paste, ginger, sliced shiitake mushrooms and a dash of soy sauce and simmer gently for 5 minutes to flavour.
2. Finely slice the Portobello mushrooms. Divide them equally, along with the noodles and spinach, between 2 warm serving bowls. Pour over a ladleful of stock to wilt the spinach.
3. Break the eggs into individual ramekins or mugs and drop one at a time into the gently simmering stock. Poach for 2-3 minutes (it doesn't matter if they break up slightly).
4. Spoon the eggs into the serving bowls with a slotted spoon and pour the stock around them, dividing the shiitake mushrooms equally between the bowls.
5. Serve garnished with spring onions and with extra soy on the side to flavour as necessary.



Spicy Pork Stir Fry with Noodles

INGREDIENTS:

- 200 grams rice noodles
- 300 grams minced pork
- ½ cup chopped baby corn
- 1 head of broccoli, chopped into florets
- 3 stalks of spring onions, chopped (set the tops aside to use as garnish)
- 1" piece of ginger, thinly sliced
- 5 cloves of garlic, finely chopped
- 1 small onion
- 2 dried red chillies, halved and de-seeded
- 3 teaspoons of black bean paste
- Soya sauce, to taste
- Rice vinegar, to taste
- Red chilli flakes, to taste
- 2 tablespoons of olive oil (plus extra for the eggs)
- 3 eggs, lightly beaten
- 2 teaspoons of white sesame seeds
- A small handful of peanuts, coarsely chopped
- 1 teaspoon of sesame oil
- Freshly ground black pepper

DIRECTIONS:

1. Cook the rice noodles in a pot of boiling water. Immerse the baby corn into the same pot as the noodles 3 minutes before the noodles are drained. Blanch the broccoli a minute before both are done, and drain out all together. You want the noodles and vegetables to be al dente and still have a bite to it.
2. Pour the olive oil into a wok/pot over medium heat and toss in the dried red chillies, onions, spring onions (the bottom part), ginger, and garlic. Sauté for a few minutes until translucent and lightly browned.
3. Add the pork into the wok and using a spatula, break up any clumps that are stuck together. Brown the meat thoroughly for a few minutes. Add in the black bean paste, soya sauce, rice vinegar, pepper, and chilli flakes. (Note : start by using 2 teaspoons each of soya sauce and rice vinegar, and taste before adding more). Cook for a few minutes until the rawness of the sauces are cooked off. Taste and adjust seasoning; set aside.
4. In a skillet, lightly toast the sesame seeds and peanuts; set aside to sprinkle on top later. In the same skillet, add a few teaspoons of olive oil and lightly scramble the eggs, keeping it just a teeny bit runny.
5. Toss in the noodles and vegetables into the minced pork mixture; add the scrambled eggs and mix through to combine evenly. Add a little water if necessary to loosen out the consistency.
6. Tip into your serving dish and garnish with the spring onion tops, peanuts, sesame oil and seeds.