

STIR-FRIED BEANSPROUTS WITH NOODLES

Serves 1-2

INGREDIENTS:

1 Nest Egg Noodles

1 Tsp Sesame Oil or Vegetable Oil

1-2 Spring Onions

100g Sprouted Bean Sprouts (The sprouting ratio is around 2:1)

Soy Sauce

Sliced Red Chilli (optional)

DIRECTIONS

Cook the egg noodles per their cooking instructions.

Meanwhile, heat the oil in a frying pan and sauté the spring onions for a minute.

Add the beansprouts to the pan and fry for around 2 minutes. Stir them in the pan to ensure an even cook.

Drain the noodles and add them to the pan along with a good splash of soy sauce. Add the sliced chilli for an extra kick!

Stir-fry for 1 minute.

Serve and enjoy!