



STIR-FRIED BROCCOLI NOODLES WITH CRISPY ONIONS

Serves 2 - Vegetarian

1 onion
1 tbsp cornflour
½ tsp ground white pepper
vegetable oil, for frying
1 small broccoli
125g baby sweetcorn
1 red chili
4 spring onions
125g dried egg noodles
1 tbsp sesame seeds

For the sauce:

4 tbsp oyster sauce
2 tsp sesame oil
2 tbsp soy sauce
2 garlic cloves, crushed
4 tbsp water

Peel and finely slice the onion. Put into a bowl with the cornflour and white pepper and mix with your hands so that all the onion slices are covered in cornflour.

Pour enough oil into a frying pan to cover the bottom of the pan by 1cm and put over a high heat. Once the oil is hot, add the onions and stir them from time to time so that they don't clump together. Fry for 7 minutes until the onions are lightly browned and crispy. Drain the onions on kitchen paper, and keep the remaining oil. Set aside.

Cut the broccoli into small florets and put onto a perforated steaming tray. Steam for 6 minutes at 100°C in a steam oven. (If you don't have a steam oven, simply boil the vegetables for 5 minutes in salted water).

Meanwhile, slice the red chili and spring onions.

Boil the egg noodles in salted water according to package instructions (usually around 4 minutes). Drain and set aside.

In a little bowl mix all the sauce ingredients.

Now you're ready to stir fry. Put a tablespoon of the remaining onion oil into a wok over a high heat and stir-fry the chili and spring onions for 1 minute. Add the broccoli and sweetcorn and briefly fry, then add the sauce and the noodles. Fry over a high heat for a couple of minutes to heat everything through.

Divide the stir-fry between two plates and sprinkle each with sesame seeds.

TIP: For a vegan version, replace the egg noodles with other noodles and swap the oyster sauce for sweet soy sauce (ketjap manis).

www.anneskitchen.co.uk

