

Veg-up noodles

Serves 2

Ingredients

50 grams noodles. Please select one.

- Soba noodles
- Chinese egg noodles
- Udon noodles
- Rice noodles
- 2-minute noodles

1 tablespoon oil

½ onion, diced

1 clove garlic, finely chopped

1 teaspoon grated fresh ginger

100 grams firm tofu, cut into cubes (optional)

½ capsicum, carrot or courgette, sliced

½ cup bite-sized pieces of broccoli or cauliflower

½ cup sliced green beans

1 tablespoon soy sauce

1 tablespoon lemon juice

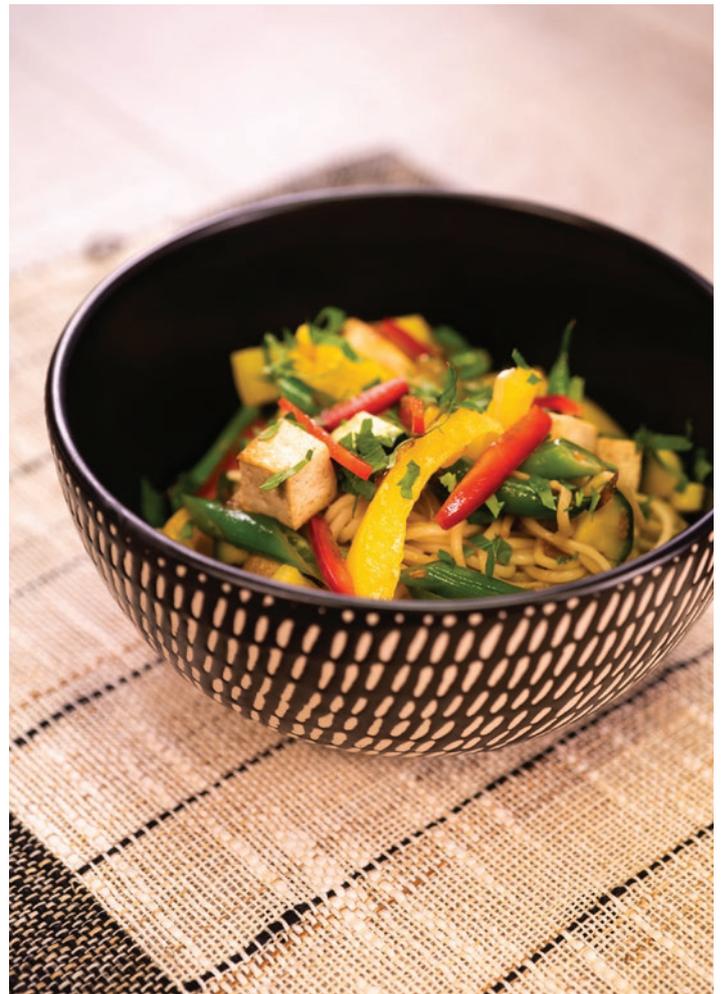
¼ cup roughly chopped coriander (optional)

Method

1. Cook noodles following the appropriate method on the back of this recipe.
2. Heat oil in a wok or large frying pan over low heat, add onion and cook until softened.
3. Add garlic and ginger and cook for 2-3 minutes.
4. Add tofu (if using) and stir fry over medium heat until tofu begins to brown.
5. Add capsicum, broccoli, green beans, cooked noodles, soy sauce and lemon juice, and stir fry for 2-3 minutes.
6. Spoon an even amount into two bowls, garnish with coriander (if using) and serve.

Nutrition

- Adding plenty of different coloured vegetables to your favourite meals will help you to eat a wide range of nutrients and stay healthy.



Equipment

-  Colander or sieve
-  Cutting board and knife
-  Kitchen scales
-  Large saucepan
-  Measuring cups
-  Measuring spoons
-  Serving spoon
-  Wok or large frying pan
-  Wooden spoon

Preparation and cooking skills

Boil, chop, cut, dice, drain, grate, simmer, slice, soak, stir fry, rinse.

Noodles – cooking methods

Dry soba, udon, rice or Chinese egg noodles

Makes 1 cup

Ingredients

50 grams dry noodles

1 teaspoon oil



Method

1. Bring a large saucepan of water to boil, then reduce heat to simmer.
2. Carefully add noodles and cook until the noodles are tender (see table for cooking times).
3. Remove from heat, drain, and rinse under cold running water. Toss with oil and set aside.

Approximate cooking times for:

Soba noodles	3-4 minutes
Udon noodles	8-10 minutes
Rice noodles	2-3 minutes
Chinese egg noodles	10 minutes or until tender

Fresh or pre-cooked soba, udon, rice or Chinese egg noodles

Makes 1 cup

Ingredients

50 grams fresh or pre-cooked noodles

hot water to cover

1 teaspoon oil

Method

1. Place noodles in a large bowl.
2. Cover with boiling water and soak for approximately 1-2 minutes, drain, and rinse under cold running water. Toss with oil and set aside.



2-minute noodles

Makes 1 cup

Ingredients

1 packet of instant noodles (flavour sachet discarded)

1 cup water



Method (choose one option below)

Stove top

1. Bring a saucepan of water to the boil, then reduce heat to simmer.
2. Carefully add noodles and cook until noodles are tender, about 2 minutes.
3. Remove from heat, drain, and rinse under cold running water. Set aside.

Microwave – about 850 watts

1. Break noodle cake into quarters and place in a medium microwave-safe bowl.
2. Cover with boiling water, place in a microwave oven on HIGH for about 2 minutes.
3. Carefully remove from microwave, (use oven mitts as they will be very hot), drain, and rinse noodles under cold running water. Set aside.