

Food skills

Vermicelli noodles

Vermicelli is a traditional type of pasta that is thinner than spaghetti. In Asian countries, vermicelli noodles are described as a variety of thin noodles made with rice and mung bean starch. Mung bean starch produces transparent (see through) noodles known as Chinese vermicelli or cellophane noodles. Whereas, rice vermicelli is creamy in colour. There are many types and brands of noodles available in supermarkets and retail food stores.

Soak vermicelli noodles in hot water for 10-15 minutes or until the noodles have expanded and turned transparent, then briefly cook for 1-2 minutes.

How to cook



1 Place vermicelli noodles into a bowl.



2 Cover the noodles in hot water. Leave to soak for 10-15 minutes.



3 Place a colander or sieve over a pot and pour the noodles into the colander.



4 Drain the noodles thoroughly. Set aside.

Dishes that include noodles



Stir-fry



Rice paper rolls



Soup



A side dish



Sapasui – chop suey (serves 4)

Ingredients

125g vermicelli noodles
1 tablespoon oil
1 onion, chopped finely
2 cloves garlic, chopped finely
2 teaspoons crushed ginger
500g lean beef, stir-fry cut
1 red capsicum or carrot, chopped finely
1 head broccoli, cut into bite-size pieces
1 cup green beans, sliced
2 tablespoons soy sauce
2 tablespoons lemon juice
1/2 cup coriander, roughly chopped (optional)

Method



Place the vermicelli in a bowl and add hot water until it's just covered. Soak for 10-15 minutes.



Heat oil in a large pot. Add onion, garlic and ginger and cook until onion is soft. Add the beef and stir until cooked.



Drain the vermicelli over a bowl, saving 1/2 cup of the soaking liquid. Add the vermicelli and reserved soaking liquid to the beef mix.



Add the vegetables and soy sauce, simmer for 2-3 minutes. Add the lemon juice and the coriander (if using). Mix carefully.

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