

Big Flavour Noodle Bowl

Ingredients

For the sauce

2-3tbsp vegetable oil

2tbsp freshly chopped ginger or a cube of frozen ginger

The topping

1 red chilli, deseeded and chopped

300g large closed cap mushrooms, sliced

900ml hot vegetable stock (using 2 stock cubes)

3tbsp dark soy sauce

1 large carrot, peeled and cut into fine sticks

125g fine egg noodles

200g bag curly kale, stalks pulled from the leaves and the leaves washed

4 medium eggs, softly boiled

To serve

1tbsp sesame seeds (optional)



Preparation time

20
mins

Cooking time

15
mins



Sally's Tips

“Try rice noodles or Ramen noodles for a change too!
Look out for bags of frozen ginger, they are a great hack
and one cube is perfect for this recipe.
Go Vegan: Replace the egg noodles with Rice noodles and
cook according to pack instructions.
Make up the recipe as stated, but don't top eggs ”

Step 1.

Heat the oil in a large saucepan and add the ginger and chopped chilli, fry for 1 minute and then throw in the mushrooms and cook for a few minutes, stirring until they are turning golden brown.

The chilli and ginger will be quite punchy, so do cover with a lid if you wish.

Step 2.

Pour in the vegetable stock and add the soy sauce and bring to simmering point.

Add the carrot sticks and cook for a further three minutes.

Step 3.

Add the noodles to the simmering stock. Cover with a lid and simmer for three minutes and then stir with a spoon or pincers to separate the noodles. Continue to cook covered for 2 minutes

Step 4.

Add the kale to the pan, stir and cook for 1 minute until they have wilted.

Take four bowls and using pincers lift the noodles into the bowls and spoon over the broth with the vegetables.

Halve each egg and place in the bowl.

Garnish with sesame seeds if you wish.

Serve.

Sally's Tips

“How to softly boil eggs: use eggs at room temperature and pop them into a saucepan.”

Cover with cold water and bring up to the boil. As soon as the water is boiling, cover with a lid and reduce the heat a little.

Time the eggs for 4 minutes. Drain the water and run the eggs under cold water for a few moments, until they are cool enough to shell. Roll the eggs on a work surface and peel in the cooled water. It makes peeling so much easier! »

