

Hokkien Noodles

Serves 4-6



You will need:

- 450g pack of Hokkien noodles
- 2-3 tablespoons sesame oil
- 1 red capsicum
- 2 medium carrots
- 2 stalks of celery
- 1 medium head of broccoli
- 1 brown onion
- 2 tablespoons oyster sauce
- 2 tablespoons soy sauce
- 2 tablespoons kecap manis
- 1 ½ cups of vegetable or chicken stock



1 PREP

Place noodles in a heat proof bowl and cover with boiling water. Allow to sit for 5 minutes until noodles separate. Drain in a colander and set aside.



2 COOK

Chop capsicum, broccoli, carrots and celery into bite size pieces. Place in a covered microwave safe dish with ¼ cup of water and microwave for 2½ minutes.



3 FRY

Heat oil to a large wok or frypan over medium heat. Slice onion finely and add to the pan. Cook for about 2 minutes or until softened.



4 ADD

Add hokkien noodles, sauces and stock. Toss well and continue to cook for 2-3 minutes until the noodles are well separated.



5 TOSS

Add cooked vegetables and toss through until well combined.



7 SERVE

Allow to cool and place in a container ready for the lunchbox. Can also be transported warm using a thermos.