

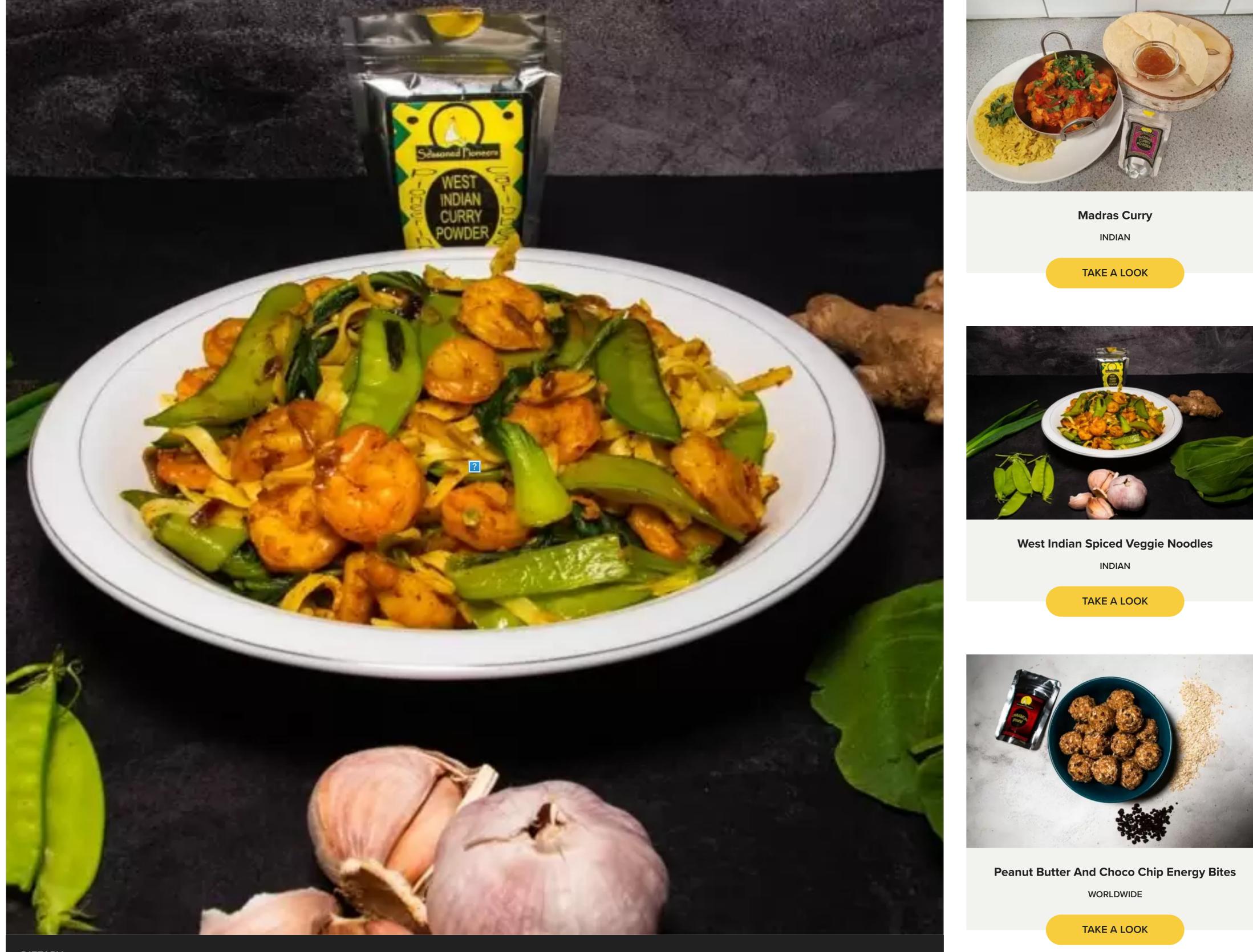


# West Indian Spiced Veggie Noodles

TIME	SERVES	CUISINE	SULTRY
20 MINUTES	4	INDIAN	بحر بحر

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#### DIETARY:

#### MAKING THIS RECIPE

Ingredients

250g rice noodles 500g prawns

2 handfuls of bok choy, leaves sliced in half

2 handfuls mangetout

2 spring onions, thinly sliced

1 red onion, thinly sliced

1 garlic clove, minced

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Boil a large pot of water and cook the noodles according to the instructions on the packet. Drain and set aside.

Step 2:

Step 1:

Method

1 thumb-sized piece of ginger, sliced 1 tbsp West Indian Curry Powder 4 tsp soy sauce 2 tbsp sesame oil

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Heat the sesame oil in a wok over a low heat. Add the onion and cook for 5 minutes.

Step 3:

Add the spring onions, pak choy, mangetout and prawns and cook for a further 5 minutes.

Step 4:

Add the garlic, ginger, curry powder and soy sauce and cook for a further 2 minutes.

Step 5:

Add the noodles and stir, making sure everything is well combined.



Buy the ingredients for this recipe



### What our customers think ...

Stewart Davidson

### \*\*\*\*

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