

## **EPISODE 40 - THE BARBECUE SAUCE SWEET CHILI NOODLES**

### **Ingredients for 2 seves:**

1 small Carrot  
1 stick of celery  
1 small onion  
1 small Paprika  
2 Spring onions  
150 g bean sprouts  
2 tsp grated ginger  
2 cloves garlic chopped  
2 tablespoons of sesame oil  
3 tablespoons of light soy sauce  
125 g raw prawns  
250 g Pork belly  
The Barbecue Sauce Sweet Chili  
200 g Rice noodles  
Rapeseed oil for frying

### **Method:**

Mix the shrimp and meat in separate bowls with a good shot of The Barbecue Sauce Sweet Chili, some of the ginger and garlic, a dash of sesame oil and a dash of soy sauce and set aside.

Cook the rice noodles, strain and rinse under cold water.

Heat some oil in a wok or a large frying pan and cook all the vegetables in it for 5 to 8 minutes

They should stay a bit crisp.

Remove from the wok.

Heat some more oil and add the pork belly and fry for 6 - 8 minutes.

Add the prawns and fry for a further 2 - 3 minutes.

Remove from the wok.

Heat some more oil and lightly fry the remaining ginger and garlic and then add the rice noodles and fry well.

Add remaining soy sauce and sesame oil and stir well.

Add all the vegetables and meat to the rice noodles and mix well over medium heat.

Finally, add a dash of the barbecue sweet chili sauce and mix well.

Last but not least, add the bean sprouts and mix.

Garnish with spring onions