



EPISODE 5 - SINGAPORE FRIED NOODLES

Ingredients for 4 serves:

200 g rice vermicelli
4 eggs
2 small carrots
2 sticks of celery
3 spring onions (a.k.a. green onions or scallions)
1 onion
1 red capsicum (bell pepper)
2 cloves garlic
150 g of bean sprouts
250 g raw prawns (shelled, deveined and cut in half)
2 Chinese sausages (or bacon, or pork)
150 g chopped duck breast (or bacon, or pork)
150 g thinly sliced chicken breast
2 tablespoons of curry powder
1 tablespoon of five spice powder
3 tablespoons of light soy sauce
2 tablespoons of sesame oil
Rapeseed oil (canola oil) or peanut oil for frying

Method:

Peel the onion and cut into thin wedges
Peel and crush the garlic
Peel the carrot and cut into thin sticks
Cut the capsicum and the celery into thin sticks
Pour boiling water over the noodles and let them stand for 5 minutes
Pour them into a colander and drain under cold running water
Add a dash of cooking oil and half of the sesame oil, mix through and put them aside

Fry the eggs and remove from the wok
Fry the vegetables in two halves and put into a serving dish lightly covered with aluminium foil
Fry the chicken with a bit of black pepper and half of the 5 spice powder and put into the serving dish
Heat the duck and sausages, and put into the serving dish
Fry the prawns adding a dash of soy sauce
Fry the noodles for a few minutes and then add the 5 spice, the sesame oil and the soy sauce



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Stir through thoroughly whilst frying
Add all the vegetables and meat and stir through thoroughly
Add the eggs and the bean sprouts and stir through thoroughly
Finally, add half the curry powder and stir through thoroughly
Add the rest of the curry powder stir through thoroughly
Transfer back to the serving dish and garnish with the chopped spring onion
Shovel it in :))