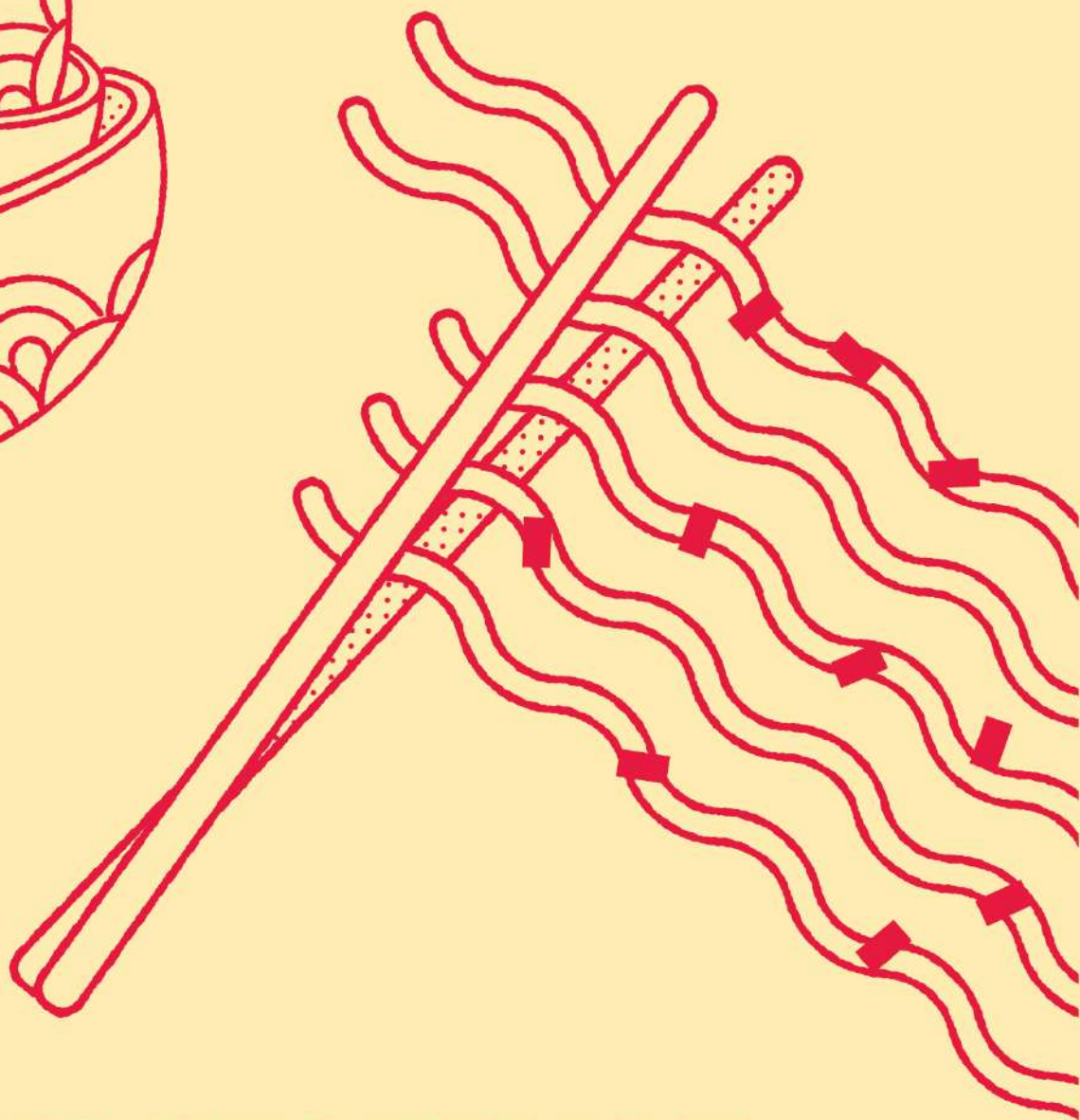




Edinburgh Napier
UNIVERSITY



Alumni



SPRING VEGETABLE NOODLES

ALUMNI RECIPES

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NATHALIA TJANDRA'S

SPRING VEGETABLE NOODLES



Serves 2-3



20 minutes

INGREDIENTS

- 3 tbsp cooking oil
- 1 onion, sliced
- 3 garlic cloves, minced
- 4 spring onions, cut diagonally (2 cm length), separate the white and green parts
- 250g mixed spring vegetables (e.g asparagus, spring greens, and broccoli)
- 170-200g dry rice or egg noodles, cooked according to instructions
- 50g frozen peas
- 1-2 tbsp light soy sauce
- 1 tbsp dark soy sauce
- ½-1 tbsp Maggi seasoning
- 1 tbsp Shaoxing rice wine (optional)
- 1 tbsp sesame oil
- 1 tsp sugar
- Salt and pepper

METHOD

- Heat the oil in a large wok over medium high heat.
- Sauté the garlic, chillies, onion and spring onion whites. Stir in the asparagus and broccoli. Cook for 2 mins.
- Add the spring onion greens and spring greens and cook for 1 min. Stir in the noodles and peas.
- Season to taste with the light soy sauce, dark soy sauce, Maggi seasoning, Shaoxing rice wine, sesame oil, sugar, salt and pepper.
- Mix well. Turn off the heat and serve.

Nathalia Tjandra

PhD Brand Leadership, 2013
Head of International and Global Online
(The Business School)
& Associate Professor in Marketing

 @nathyskitchencom

 nathyskitchen.com

