

Come Cook with Us – Jan 2023

Long Life Noodles

Portions: 4-5

Preparation Time: 10 min

Cooking Time: 10 min

Total Time: 20 min

Ingredients:

- 5 shiitake or other mushrooms
- 1 bunch green onions
(white and green parts separated)
- 2 medium carrots
- 1 small green or napa cabbage,
- 12 oz Yi Mein or Chinese noodles
- 3-4 tbsp oil
- 1 teaspoon sesame oil
- 1/8 tsp sugar
- 3-4 tsp low sodium soy sauce
- 2 tbsp oyster sauce
- freshly ground pepper
- 3 litres water
- 4 Tbsp hot water



Instructions:

1. Bring 3 litres of water to a boil in a large wok or pot. Once the water is boiling, add the noodles, and cook until al dente (still firm to the bite) 2-3 minutes. Drain noodles and set aside.
2. Dissolve the sugar in 4 tablespoons of hot water, add the low sodium soy sauce, oyster sauce, sesame oil, and pepper and stir until combined to create the sauce and set aside.
3. Heat the wok or large pan until just smoking, and spread 2 tablespoons of oil around the perimeter, add julienned carrots and cook until they soften, then add mushrooms and the white parts of the green onion, cabbage and stir fry until cooked (3-4 minutes)
4. Add the noodles and stir fry until noodles are warmed.
5. Pour the prepared sauce mixture over the noodles, and stir-fry until distributed evenly. Mix gently so you don't break up the noodles - remember, you want to have long noodles to give longevity and prosperity to whoever's going to be eating this dish!
6. Add in the remaining green parts of the green onions and mix until they turn bright green.
7. Serve and enjoy!

Adapted from *The Woks of Life*