

# Vietnamese Fried Noodles (V)

## Ingredients

150gm Quartered button mushrooms  
200gm Julienne carrots  
100gm Julienne red peppers  
100gm Julienne green peppers  
100gm Julienne yellow peppers  
200gm Chinese cut red onion  
120gm Chiffonnade bok choy  
50gm Chopped fresh coriander  
1 Tbsp Garlic ginger

## Seasoning

Vegetable oil

## Noodles

Linguini Pasta (pre-cooked)

## Sauce

80 ml Soy sauce

*Estimated portion size per person: 120gm*

## Method

1. Heat oil in a wok.
2. Stir-fry the carrots, onions and peppers with the garlic ginger paste
3. Add the mushrooms and parsley. Cook for 2 minutes.
4. Pour in soy sauce and simmer
5. Season. Stir and then simmer for 5 minutes.
6. Add pre-cooked linguini and then gently stir as it absorbs the liquid. continue cooking until the liquid is totally absorbed.
7. Toss together
8. Garnish.
9. Serve.

*Add appropriate amount of sauce, bring to a boil, boil for 1 minute or until slightly thickened*