

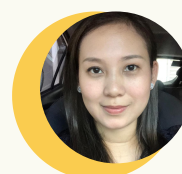
Stir Fry Baby Noodles with Fish Flakes and Veggies



Ingredients

- Olive oil for frying
- 2 garlic cloves, finely chopped
- 3 small florets for broccoli
- 2-3 small florets of cauliflower
- 1tbsp of petite green peas
- 1/4 cup of fish flakes (leftover fish steak/bake /any fish will do)
- 1 tsp sesame oil
- A dash of pepper, turmeric (you may add shitaki mushroom or kelp powder)
- Baby noodles.

Prep time: 10 mins
Cooking time: 15 mins
Freeze time: 3 Months



Joyce Abangan

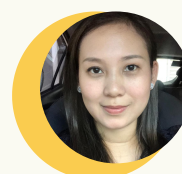
Stir Fry Baby Noodles with Fish Flakes and Veggies



Instructions

- Cook the noodles according to pack instructions.
- Meanwhile, heat the oil in a wok or frying pan, then stir-fry the garlic, fish, broccoli, cauli flower and frozen peas over a high heat for 2-3 mins.
- Add a little water 1/4cup (or you may use vegetable or fish stock if you have).
- Let it simmer. Until vegetables are well cooked.
- * Drain the noodles thoroughly, then stir-fry for 2 mins or less.
- *Mix together add seasoning (pepper, turmeric and ottogi kelp powder) stir into the pan, then cook for 1-2 mins.* Drizzle Sesame oil. Then serve!

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