



Mine Renversé (Upside down noodles)

NIBBLEDISH CONTRIBUTOR

Ingredients

- 1 egg per person
- Chicken breast sliced
- Mushrooms, I used oyster mushrooms, but shiitake or any will do
- Some green vegetables
- Chinese sausage (steamed and sliced)
- Prawns (shelled, deveined and seasoned)
- 1 clove garlic (chopped)

Cooked noodles or rice

For the sauce :

- Soya sauce
- Fish sauce
- salt and sugar to taste
- oyster sauce
- hoisin sauce
- chinese wine

Instructions

This is a traditional mauritian dish, one of the most common and simple, but a real favourite. I added a little twist in that dish, the original one calls for rice, but I decided to use noodles.

1. First, in a hot wok, fry the eggs. Set aside.
2. Season the chicken with some salt, pepper, soya sauce and 1 tsp cornstarch.
3. Heat some oil in the wok, add the garlic, add the chicken and stir fry. Add the sliced mushrooms. Stir fry. Set aside.
4. Heat 2 tbsp oil, stir fry the prawns. Set aside.
5. Add some more oil and stir fry the green vegetables. Set aside.

Sauce :

- Mix some soya sauce, fish sauce, hoisin sauce, oyster sauce, salt and a dash of sugar.
- Heat the wok, add the sauce, add some water, bring to the boil, add a little bit of wine.
- Mix 2tsp cornstarch with 3 tbsp water. Add to the sauce, stir and cook until thick.

Now for the presentation, as you see, it's really simple to make, the only difference with a normal rice dish, is that everything is put in a bowl and served upside down.

- First put the egg, sunny side down in a medium bowl.
- Add some chicken, prawns, vegetables and chinese sausages. Arrange them nicely around in the bowl, add some sauce in the middle.
- Lastly, add the hot rice or noodles. You can add some more sauce on the top if you wish.
- Then place a plate on top and turn the bowl upside down. Lift the bowl and 'Tada!!'

The kids will be happy to eat this little egg-capped mountain !
