



Vegetable and Veal Chinese Noodles

NIBBLEDISH CONTRIBUTOR

Ingredients

SERVES 2

- **250g** Veal. lean meat
- **1Large** Sweet red pepper
- **1Large** sweet green pepper
- **2Large** spring onions
- **2Tbsp** soy sauce
- **2Pinch** Black pepper. ground
- **½Tbsp** sugar
- **½tsp** Grated Ginger
- **½Tsp** Finely chopped garlic
- **2Tbsp** sesame oil
- **180g** Wheat chinese noodles
- **1pinch** salt
- **1Medium** Carrots

Instructions

Slice the meat in to very thin slices, so you can fry it very quickly. Also cut the peppers into slices. Roughly chop or cut the onions.

Before you start stir frying the meat, put it in a kitchen towel to absorb the moisture. Heat sesame oil in a roasting pan and quickly stir fry the meat for about 3 minutes. Toss the meat on high heat the whole time so it won't burn. When done, put the meat out of the pan on a plate, set aside and season it with salt and pepper.

Cook the noodles. When the noodles are cooked, drain them.

Put the peppers, carrots and onions in the same roasting pan on a high heat and fry for about 2 minutes. Add the garlic and ginger and fry for another minute and then add the meat and cooked noodles.

Pour in the soya sauce and sugar. Mix everything well on a high heat, until the noodles have absorbed all the flavors from the meat and vegetables, about 2-3 minutes.

When done serve immediately and garnish with some coriander leaves or parsley.

NUTRITIONAL VALUES (1,4 to 1,6 PAL which corresponds to moderate activity of an office job)

WOMAN

Calories 33% RDA,
Protein 106% RDA,
Fats 27% RDA,
Cholesterol 33% RDA,
Carbs 32% RDA,
Sugar 21% RDA,

MAN

Calories 27% RDA,
Protein 85% RDA,
Fats 21% RDA,
Cholesterol 33% RDA,
Carbs 25% RDA,
Sugar 17% RDA.
