Vegetable chow mein

A speedy take on a Chinese classic, full of rainbow vegetables and bursting with flavour!

Makes: 6 portions • Preparation time: 20-25 minutes

Ingredients

For the sauce:

- 2 tsp ginger paste
- 2 tsp garlic paste
- 6 tbsp tomato paste
- 5 tbsp reduced-salt soy sauce
- 5 tbsp vegetable stock (to replace salt)

For the noodles:

- 2 tbsp oil
- 2 onions
- 3 carrots
- 2 red peppers
- 1/2 stalk broccoli
- 6 nests medium egg noodles or rice noodles

Equipment

- Small bowl
- Teaspoon
- Tablespoon
- Sharp knife
- Chopping board
- Peeler
- Large pan
- Wok
- Colander
- Serving spoon

Top tips

- To speed things up, you could use 'straight to wok' noodles so they don't need to be cooked.
- Experiment with different veggies like peas, babycorn or mushrooms!

Method

1. Mix the sauce ingredients in a small bowl, stir well.
2. Slice the onions and red peppers so they are in thin strips. Use a peeler to make carrot ribbons (just keep peeling it until it all disappears!). Chop the broccoli into small florets.
3. Boil a large pan of water on the hob, follow the instructions on the packet (noodles usually take about 5 minutes to cook). When they are soft, drain in a colander or a large sieve in the sink.
4. With everything prepared, you can now start cooking. Heat the wok – it's hot enough when it starts to smoke. Add the oil and onions to sauté for 5 mins.
5. Add the peppers, broccoli and carrots, stir-fry for a further 1 min.
6. Pour the sauce into the wok and stir well until bubbling.
7. Add the cooked noodles, give it a good stir to ensure the noodles are well coated with sauce.