
EASY VEGETABLE FRIED NOODLE

Serves 2



Ingredients

300g noodles
2 tbsp + 1 tsp vegetable oil,
divided use
1 tbsp soy sauce
1 tsp dark soy sauce
½ tsp salt
400 ml canned peas and carrots

Note

Swap out the veggie (or add) 1 lb
of chopped cooked chicken in
Step 8.

Instructions

1. Cook noodles in a pot of boiling water for 2 min.
2. Rinse noodles in water twice, then drain.
3. Heat 2 tbsp of vegetable oil over medium-high heat in a large non-stick pan.
4. Place noodles into pan.
5. Add soy sauce and dark soy sauce and cook for 6-8 min.
6. Continue to stir until noodles are dry.
7. Remove noodles from pan.
8. Heat 1 tsp vegetable oil and put 400 ml canned peas and carrots to cook for 2 min.
9. Put ½ teaspoon salt into the peas and carrots.
10. Add the cooked noodles into the pan and mix with peas and carrots.



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