

# Vegetable noodle pot



Serves: 4

## Time

Preparation time 5 minutes

Cooking time 5 minutes

## Ingredients

- 100g dried egg noodles
- low-calorie spray oil
- 1 red or white onion, peeled and sliced
- 150g mushrooms, cleaned and sliced
- 1 red pepper, cut in half, deseeded and sliced
- 150g frozen sweetcorn
- 150g frozen peas
- 1 vegetable stock cube (try to use low-salt) dissolved in 300ml boiling water
- 3 tablespoons low-salt soy sauce
- 1 heaped teaspoon of cornflour dissolved in 50ml cold water

## Method

1. Cook the noodles in boiling water for 4 minutes, drain and run under cold water. Set to the side while you stir fry the vegetables.
2. Spray a frying pan with oil and heat.
3. Fry sliced onion for 2 minutes until soft, then add mushrooms, red pepper slices and cook for 5 minutes.
4. Add sweetcorn, peas, vegetable stock, soy sauce and bring to the boil.
5. Stir in the cornflour until the sauce thickens.
6. Use tongs to stir the noodles into the stir fry.
7. Spoon into pots or bowls and serve.