



SUPER SPEEDY PRAWN & EGG NOODLES



MINUTES TO PREPARE
2



MINUTES TO COOK
8



SERVES
2

INGREDIENTS

200g vermicelli noodles
Boiling water
2 eggs, whisked with a fork
1 teaspoon butter
3cm fresh ginger, peeled and diced
1 clove of garlic, peeled and diced
1/2 small red chilli (medium)
1 courgette, cut into 6 lengthways and then chopped
165g raw prawns (blue)
150g baby spinach, washed
1 large handful fresh coriander (leaves and stalks), chopped
2 teaspoons soy sauce

LET'S GET COOKING

- 1 Place the vermicelli noodles in a large bowl and cover completely with boiling water and leave to stand on the side for 5 minutes.
- 2 Heat the butter in a large frying pan over a high heat. Add the egg and stir quickly with a wooden spoon or spatula until it has scrambled. Remove the egg from the pan to a bowl. Reheat the pan and add the garlic, ginger, chilli and courgette. Stir for 1 minute. Next add the spinach and prawns and stir for a further 3 minutes, or until the prawns are pink and the spinach has wilted.
- 3 Drain the rice noodles well and return them to their bowl. Add in the prawn and spinach mix and stir well using two fork or tongs. Finally add in the scrambled egg, chopped coriander and soy sauce. Season well with salt and pepper. Taste and adjust the seasoning to your liking.
- 4 Enjoy slurping up the noodles and sipping the soup (possibly not first date food)!

"This is a favourite quick meal, which tastes just like the pre-made noodles that I always think look so appealing on the supermarket shelves when I'm looking for something nutritious and fast. However, resist the urge to buy the pre-made version and make it yourself. It's fresh and healthy at its best! These take 10 minutes from start to finish, which is the same time it would take to take a meal out of its packet and heat it through. The noodles are packed full of goodness and flavour, and you can tweak it to your liking. Try adding more or less chilli, more coriander, more soy sauce or even a squeeze of lime"