

This recipe is taken from the cook book, **FRESH CHINESE**; written by Chinese National Healthy Living Centre nutritionist Wynnie Chan, forwarded by Ken Hom. **Fresh Chinese** brings you a feast of over 80 mouthwatering recipes that won't pile on the pounds.

## Stir-fried Noodles with Peanuts and Sweetcorn

This recipe takes its inspiration from South-east Asia, where rice noodles are often eaten as snacks or light lunches rather than as part of a main meal.

**INGREDIENTS** 125 g (4 oz) dried thin rice noodles • 2 tablespoons rapeseed or olive oil • 2 garlic cloves, crushed • 2 slices fresh root ginger, peeled and chopped • 1 heaped tablespoon medium curry paste • 250 g (8 oz) baby sweetcorn • 250 g (8 oz) pointed cabbage, finely sliced • 1 small red pepper, cored, deseeded and finely sliced • 1/2 tablespoon Thai fish sauce • 2 teaspoons shoyu or tamari sauce • 60 ml (2 1/2 oz) light coconut milk • 100 g (3 1/2 oz) roasted, unsalted peanuts, roughly chopped • 2 tablespoons chopped fresh coriander • 4 spring onions, finely sliced • 2 tablespoons lime juice • coriander sprigs, to garnish

**ONE** Put the rice noodles into a bowl of boiling water, cover and leave to stand for 5 minutes for them to soften. Drain and set aside.

**TWO** Heat the oil in a large nonstick sauté pan over a high heat until piping hot. Add the garlic, ginger and curry paste and stir-fry for 2–3 minutes until the spices become fragrant.

**THREE** Add the sweetcorn, cabbage and red pepper and stir-fry for about 5 minutes or until the cabbage has started to soften and wilt.

**FOUR** Add the fish sauce, shoyu sauce and coconut milk. Stir to mix, then toss in the rice noodles and stir-fry until the noodles have warmed through. Turn off the heat and gently stir in the peanuts, coriander leaves, spring onions and lime juice. Garnish with coriander sprigs.

Serves 4

### NUTRIENT ANALYSIS PER

**SERVING** 2272 kJ – 557 kcal – 18.7 g protein – 72.0 g carbohydrate – 10.7 g sugars – 22.8 g fat – 4.5 g saturates – 7.0 g fibre – 464 mg sodium

**HEALTHY TIP** Sweetcorn contains two important plant chemicals, zeaxanthin and lutein. Scientific studies have shown that both of these act as antioxidants, which fight against damaging free radicals, particularly in the eyes.

