

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.

