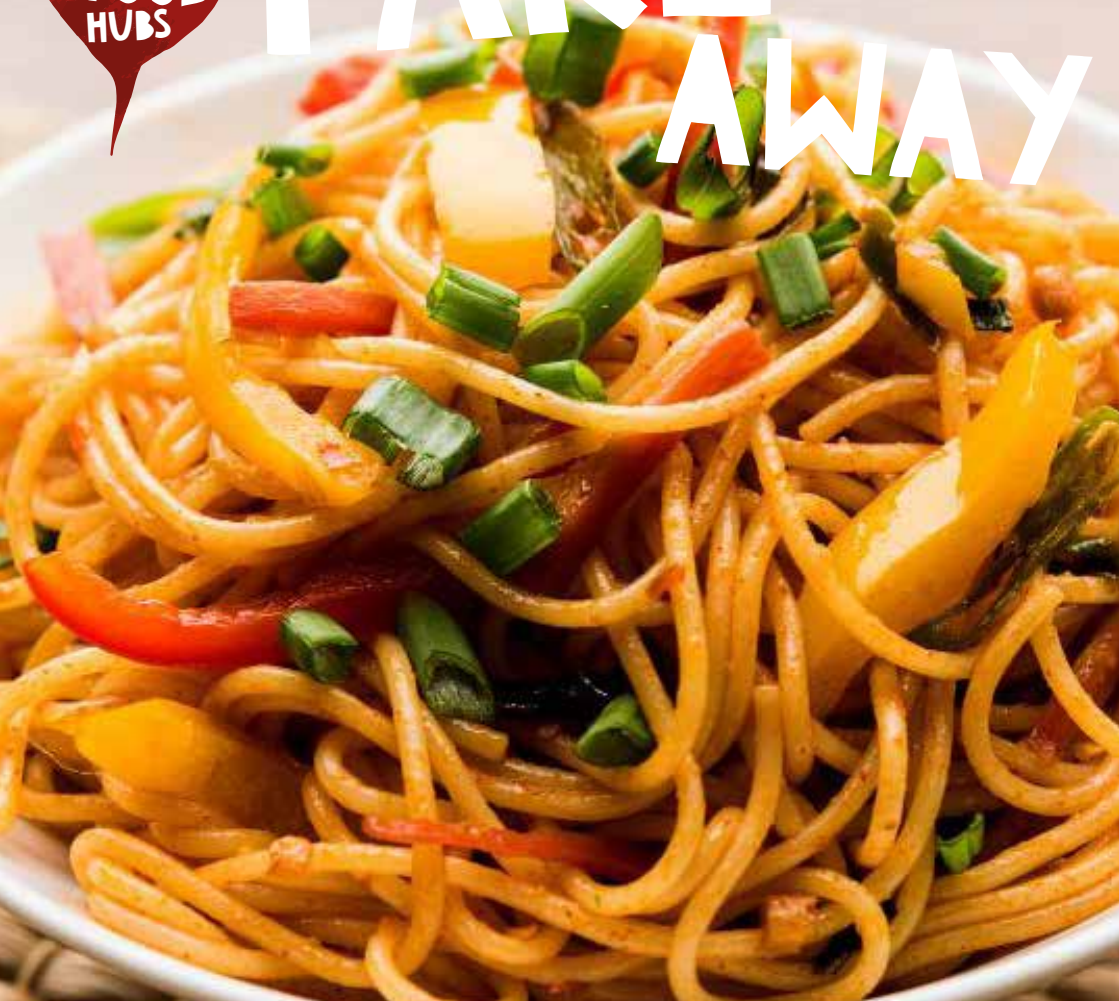




FAKE AWAY



EASY VEGGIE NOODLE

WITH
GINGER &
GARLIC

Here's a super easy and budget-friendly recipe for **Veggie Noodles**, perfect for using up leftover veg from your Kent Food Hubs veg box!



INGREDIENTS

200g noodles
(any type: instant, egg noodles, or rice noodles)
1 tbsp oil
1 onion, thinly sliced
2 cloves garlic, minced
1-inch piece of fresh ginger, grated
1 carrot, julienned or grated
1 pepper sliced
1 courgette or 1/2 cabbage, thinly sliced (optional)
2-3 tbsp soy sauce
1 tbsp rice vinegar (optional)
1/2 tsp sesame oil (optional, for extra flavour)
1 tsp sugar (optional, for balance)
Salt and pepper to taste



TOPPINGS

sesame seeds,
chopped spring onions, chili flakes, or a fried egg

INSTRUCTIONS

1. COOK THE NOODLES

Boil the noodles according to the package instructions (usually 3-4 minutes for instant noodles or about 8 minutes for regular noodles). Once cooked, drain the noodles and set them aside. You can drizzle a little oil on the noodles to prevent them from sticking.

2. PREPARE THE VEGGIES

While the noodles cook, slice and prepare your veggies. Grate or julienne the carrot, slice the bell pepper, and chop any other veggies you're using.

3. STIR-FRY THE VEGGIES

Heat the oil in a large pan or wok over medium-high heat. Add the sliced onion, minced garlic, and grated ginger. Stir-fry for 1-2 minutes until fragrant. Add the carrots, pepper, and courgette(or cabbage). Stir-fry the veggies for another 4-5 minutes, or until they're tender but still crisp.

4. COMBINE NOODLES AND SAUCE

Add the cooked noodles to the pan with the veggies. Pour in the soy sauce, rice vinegar (if using), sesame oil, and sugar (if using). Toss everything together until the noodles are coated evenly with the sauce. Cook for another 2-3 minutes, stirring occasionally, until everything is heated through.

5. SERVE

Taste and adjust seasoning with salt, pepper, or extra soy sauce if needed. Serve hot, and optionally garnish with sesame seeds, chopped green onions, or chili flakes for some extra flair.

TOP TIP

Use whatever veggies are in your KFH Veg box - cabbage, mushrooms, any veg will do.