

TASTE WITHOUT WASTE

Egg and Rice Vermicelli Stir-Fry

Serves 4 – 6.

Ingredients

100g rice vermicelli, cut in half (to make shorter lengths)
75g cashew nuts
20ml sunflower oil
1 onion, thinly sliced
6 kaffir lime leaves
2 bay leaves
½ tsp minced ginger
2 leeks, white part only, finely sliced
2 carrots, grated
100g snow peas, trimmed and quartered
1 red capsicum, diced into rough 1.5cm cubes
150g frozen peas
2 tbsp tomato sauce (ketchup)
1 tbsp soy sauce, plus extra for serving
½ tsp fine sea salt
Hard boiled eggs, peeled and cut into wedges – one for each person.

Method

Cover the rice vermicelli with boiling water in a large bowl and let stand for three minutes or until tender. Drain and rinse with cold water.

Heat a large wok and toast the cashews until golden brown, about three minutes, tossing regularly over a medium heat. Remove and set aside.

Turn the heat to high and add the oil. Throw in the onion and cook for seven minutes, stirring often, or until dark golden to brown in colour and starting to crisp at the edges. Remove and set aside.

Meanwhile, steam/boil the peas for about three minutes or until just tender. Drain and set aside.

Toss the kaffir lime and bay leaves and ginger into the wok and cook over a low heat for a minute or two. Add the leek, carrot, snow peas and capsicum, turn the heat up to medium and cook for three minutes.

Pour in the tomato sauce, soy sauce and also the salt, noodles and half of the peas. Cook over a high heat, stirring constantly to prevent the noodles sticking, for five minutes or until heated through. Most of the liquid should have evaporated. If not, cook a further few minutes.

Pile the noodle mixture onto plates/into bowls, top with peas then onions and cashews. Finally scatter the wedges of a boiled egg over each plate.

Source: A Taste Without Waste original.

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