

Chilli and Garlic Oil Noodles

Ingredients

- 3 tablespoons Sesame Oil
- 2 Cloves Garlic
- 3 drops Maggi Liquid Seasoning
- 2 tablespoons Maggi Extra Hot Chilli Sauce
- 1 packet Maggi 3 Minute Chicken Noodles
- 1 large spring onions, sliced
- 0.5 teaspoon sesame seeds
- 1 small red chilli, finely sliced
- 1 sprig fresh coriander leaves, finely chopped
- 1 Medium lime (optional, to serve)

Instructions

1. Put the garlic, seasoning from the noodle pack and chilli sauce into a heatproof bowl.
2. Heat the sesame oil in a small pan for 1-2 minutes until very hot but not smoking.
3. Pour the hot oil over the chilli and garlic – it will bubble up! Once the bubbles have subsided stir in the liquid seasoning.
4. Cook the noodles and pak choi or spinach in boiling water for 3 minutes, drain. Pour the chilli oil over the noodles and finish with the spring onions, sesame seeds, coriander and chilli.

Nutrition

Carbohydrate	23.25 g
Energy	488.35 kcal
Fat	43.91 g
Fibre	43.91 g
Protein	3.75 g
of which: saturates	3.75 g
Sodium	729.34 mg
of which: sugars	6.89 g

8 Minutes

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