

Stir Fried Veggie Noodles

Ingredients

- 2 packets Maggi 3 Minute Chicken Noodles
- 1 tablespoon Sunflower Oil
- 2 Cloves Garlic
- 1 teaspoon Ginger Root
- 30 g toasted cashew nuts (optional)
- 320 g Stir Fry Vegetables
- 1 teaspoon Maggi Liquid Seasoning
- 2 tablespoons Maggi Extra Hot Chilli Sauce
- 1 small red chilli, finely sliced
- 2 large fried or poached eggs
- 5 g Toasted sesame seeds and fried garlic slices, to serve (optional)

Instructions

1. Cook the noodles in boiling water for 3 minutes (keep the seasoning sachet for use later) , drain and rinse under cold water.
2. Heat 1tbsp oil and stir fry the garlic and ginger for 1 minute before adding the stir fry veg. Continue to cook for 4-5 minutes until the veg is charred and tender. Add the liquid seasoning and the seasoning sachets from the noodle packs and a splash of water. Add the noodles back and toss everything together. Divide into 2 bowls and cover with 2 plates while you quickly fry the eggs.
3. Heat 1tbsp oil in the same pan and fry 2 eggs. Top each bowl of noodles with an egg, some cashew nuts and a little Chilli sauce if using. Optional extras: sprinkle with toasted sesame seeds (black or white) and some fried garlic slices for extra crunch and flavour!

Nutrition

Carbohydrate	23.02 g
Energy	395.24 kcal
Fat	27.23 g
Fibre	27.23 g
Protein	13.5 g
of which: saturates	13.5 g
Sodium	682.81 mg
of which: sugars	8.96 g

10 Minutes

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