



## WOK SEARED VEGETABLE & GINGER GLASS NOODLE SALAD

- 1** Onion, sliced
- 1** Long red chili
- 1** Garlic clove
- 1** Knob ginger
- 1** Lime zest and juice
- 20ml** Vegetable or sesame oil
- 600g** Glass noodles
- 2** Red capsicums, sliced
- 6** Heads bok choy, washed and cut into ¼'s
- 1** Punnet oyster mushrooms, torn into pieces
- 1** Bag bean sprouts
- 1** Packet snow pea shoots
- ½** Bunch coriander, roots chopped, leaves picked
- 1** Jar char-sui sauce
- 1** Jar Ho-sin sauce
- 100ml** Soy sauce

Get the BBQ hot.

Slice all vegetables in similar sizes, finely chop ginger, coriander root, garlic and onion then zest 1 lime.

For the sauce: In a bowl combine char-sui and Soy sauce and add 1/3 of each of chopped garlic, chili, lime zest and coriander root.

To cook the vegetables: Preheat hot plate, add 2 tablespoons of vegetable oil plus 1 teaspoon of sesame oil (optional) then stir fry onion, rest of garlic, chili, lime zest and coriander root, add the sliced vegetables (leaving mushrooms until last), stir fry until al dente.

To prepare the noodles (follow instructions on the packet to soak then drain) heat wok on wok burner and add 2 tablespoons of oil. When sizzling hot add rest of ginger, noodles, cook for 1 minute then add the cooked vegetables from the hot plate.

To serve add the previously prepared sauce to noodle vegetable mix, toss and heat for 1 minute, last fold in bean sprouts and snow pea shoots.

Garnish with coriander and lime wedges.

**SERVES 4**