

RECIPES

Chinese Egg Noodle Slice

Prep: 5 mins + soaking time

Cook: 9 mins

Serves 6-8

Ingredients

1 (65g) nest fine Chinese egg noodles
2 tbsp vegetable oil
1 (360g) tray stir-fry vegetables
4 spring onions, sliced
1 small clove garlic, crushed
2.5cm/1in piece root ginger, peeled and grated (optional)
2 tbsp dark soy sauce
6 large Lion Quality eggs
salt and freshly ground black pepper



1. Place the noodles in a bowl, cover with boiling water from the kettle and leave to soak for 5 mins. Stir well with a fork before draining.
2. Heat the oil in a large non-stick frying pan, add the vegetables, onions, garlic and ginger if using; stir fry for 3mins or until soft. Then stir in the noodles and soy sauce.
3. Beat the eggs with a little salt and pepper, then pour into the pan, stir well, then shake the pan to level the surface. Cook over a medium heat for 4 mins, or until the base has set.
4. Place the pan under a hot grill and cook for a further 2 mins or until the top is golden brown. Leave to cool. Serve warm or cold in wedges

Recipe from Easy Eggs series at www.eggsedu.org.uk