



OUTDOOR COOKING WITH THE BAY

Curried Noodles

Serves 4

- 4 nests of dried noodles**
- 1 tbsp vegetable oil**
- 2 carrots, peeled**
- 1 tsp curry power**
- 1/2 tsp turmeric**
- 1/2 tsp chilli flakes (omit for milder tastes)**
- 2 peppers- any colour available**
- 150g sugar snap peas (alt. mangetout, green beans)**
- 100g frozen edamame beans (alt. garden peas)**
- 2 tbsp soy sauce**

1. Thinly slice peppers, sugar snap peas, carrots.
2. Heat 1 tbsp vegetable oil in pan, and add sliced vegetables and frozen beans.
3. Cook 10-15 minutes until soft
4. Whilst vegetables soften, boil dried noodle nests as per packet instructions.
5. Add soy sauce, turmeric, chilli flakes and curry powder to pan with vegetables.
6. Stir through noodles until evenly mixed.

For extra protein, consider using chicken or prawns. For vegetarians tofu and tempeh are also a filling alternative.

These can be lightly fried at the start with soy sauce, garlic and honey to make a sticky teriyaki style sauce.

To make the tofu extra crispy, coat in cornflour before frying!

GROWING TIP

Peas can be sown from March to early June.

Instead of buying seedling trays, they can be sown in old rain gutters!

This way when it comes to transferring into the ground, they can be easily slid off the gutter into a trench!



DON'T HAVE A WATERING CAN?

Instead of buying a watering can, keep an old milk carton and put holes into the lid!



The Wildlife Trust for
**Lancashire
Manchester &
North Merseyside**

A Natural Way to Wellbeing

To find out what's on in your local area visit:



@thebayblueprint



@thebaywellbeing



www.thebay.org.uk

