



THE FOOD AFFECTIONIST

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Longevity Noodles

Serves 4

Ingredients

- 1 packet Hokkien Noodles
- 4 eggs
- 1 Onion, thinly sliced
- 3 carrots, thinly julienned
- 1 red capsicum, thinly julienned
- 3 bok choys, thinly sliced
- 3 spring onions, thinly sliced
- 1 small knob of ginger, thinly sliced
- 3 Tablespoon oil

Seasoning

- 2 Tablespoons oyster sauce
- 3 Tablespoons soy sauce
- 2 Tablespoons water
- 1 teaspoon sugar

INSTRUCTIONS:

1. Preheat the wok and add oil.
2. Stir in onion, carrot and ginger. Cook until the onion becomes transparent.
3. Make a well in the middle and add the egg. Scramble the egg until it is cooked.
4. Add noodles, capsicum, bok choy and sauce. Stir well and cook until noodles soften.
5. Serve garnished with spring onion.