

## *Spice is Nice II*

### Straight to wok noodles - fried

#### Ingredients

1 packet of straight to wok noodles  
1 small cup of fresh prawns  
1 small cup of sliced chicken, belly of pork or beef  
2 stalks of pak choi  
5-6 chinese leaves  
1 small bowl of bean sprouts  
1 medium sized onion  
2-3 pips garlic  
1-2 fresh red chillies  
One inch of ginger  
3-4 tbsp of dark soy sauce  
3-4 tbsp of oyster sauce  
4-5 tbsp of cooking oil  
1-2 spring onions  
salt

#### Method

Loosen the noodles  
Shell, de-vein and wash the prawns  
Wash the chicken and drain off water  
If using belly of pork or beef, slice thinly and boil until tender  
Wash the pak choi and Chinese leaves and cut into 1 inch lengths  
Wash the bean sprouts and remove any spoilt ones  
Slice the onions, not too thin  
Slice the ginger thinly  
Pound or thinly slice the garlic and chillies  
Cut the spring onions into thin rings

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Heat the oil in a wok

When the oil is hot, put in the garlic, ginger and chillies

Next add the chicken, pork or beef and cook for about 5 minutes

Add the prawns and stir for a couple of minutes

Now put in the pak choi and chinese vegetable and cook for about 3-4 minutes

Put in the onions and noodles and let it cook for about 2-3 minutes

Add in the soy sauce, oyster sauce, salt and bean sprouts

Keep stirring for 5-6 minutes

Remove, sprinkle the spring onions on top and serve