



Photo: Michael Metzler

Asian pan-fried vegetables with pasta

Ingredients (serves 10)

- 1250 g carrots
- 5 spring onions
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- 1250 g broccoli
- 750 g pea pods
- 7 cloves garlic
- 1250 g Chinese cabbage
- 2-3 bell peppers
- 1 thumb-sized piece of ginger
- 1000 g mien noodles (without egg)
- 1 bulb of ginger
- Some pepper, salt and coriander
- 2 - 3 lemons
- neutral oil
- soy sauce
- 3 spoons of golden syrup or sugar

Also good with

- Rice instead of noodles



Preparation

1. Cut the vegetables into small pieces, finely chop the garlic and ginger and fry everything together in batches with plenty of oil in a large pot (if there are fewer people, a large frying pan may be sufficient).
2. Cook the noodles according to the instructions and add to the pot (or pan). Add the pea pods.
3. Deglaze with soy sauce and season with salt, pepper, cumin, golden syrup (sugar) and lemon juice, then simmer a little longer and serve.

Variations and supplements

Can also be expanded with the following ingredients::

- Nuts, walnuts, cashews
- Addition of eggs. Underwork eggs after stewing until it falters.



<https://meinbdp.de/display/bula22/Rezepte>