

A top-down view of a bowl of stir-fried noodles. The bowl has a blue and white floral pattern. The noodles are light-colored and are mixed with various ingredients including sliced red bell peppers, green broccoli florets, pieces of browned meat, and sliced mushrooms. The dish is garnished with black and white sesame seeds and sliced almonds. A semi-transparent dark grey horizontal bar is overlaid across the middle of the image, containing the text 'FRIDAY DINNER'.

**FRIDAY  
DINNER**

**TETROGEN**

# Prep Time: 15 Mins

## INGREDIENTS

4 nests of dried whole-wheat noodles (200g)  
3 cloves of garlic  
A thumb-size piece of fresh ginger  
A handful of scallions  
1/2 a fresh red chilli  
150g oyster mushrooms  
1 red pepper  
1 head of pak choi  
2 tablespoons oil  
4 tablespoons tamari/soy sauce  
1 tablespoon maple syrup  
Juice of 1<sup>1/2</sup> limes

### To garnish

chilli flakes  
Sesame seeds  
Toasted cashew nuts  
Fresh coriander

## DIRECTIONS

1. Bring a pot of water to the boil with a pinch of salt and cook the noodles in this as per the instructions on the packet, then drain and rinse in a colander. Set aside.
2. Peel and finely chop the garlic and ginger. Finely slice the scallions and chilli (remove the seeds if you don't like it spicy). Chop the mushrooms up nice and small, and finely chop the deseeded red pepper along with the pak choi.
3. Put the oil into a wok or large frying pan on a high heat. Once the pan is hot, add the garlic, ginger, chilli and scallions, and cook for 2 minutes, stirring regularly. Add the mushrooms and cook for another minute.

4. While these are cooking, prepare your sauce by mixing the tamari, maple syrup and lime juice together in a bowl. Add half the sauce to the pan, along with the red pepper and pak choi, and cook for 2 minutes.

5. Add the drained noodles to the pan along with the remaining sauce and cook for a further 2-3 minutes. Remove from the heat, divide between plates and top each serving with chilli flakes and sesame seeds, or maybe some toasted cashew nuts and chopped fresh coriander.