

## **Vegetable Chow Mein**

### **Ingredients**

200g Loprofin Tagliatelle Pasta

50g pak choi, shredded

50g cucumber, cut into strips

50g bamboo shoots, shredded – check protein content

2 tablespoons oil

### **Sauce**

2 tablespoons soy sauce – check protein content on label

1 tablespoon sherry – check protein content on label

1 teaspoon salt

1 teaspoon sugar

1 teaspoon corn flour

1 teaspoon sesame seed oil – check protein content on label

### **Method**

1. Cook the pasta according to instructions on the packet.
2. Heat half the oil in a wok or wide frying pan.
3. Pour the hot oil over the pasta and check they are separated. Place in a serving dish.
4. Heat the remaining oil and quickly stir-fry the bamboo shoots, the pak choi and cucumber for 3 minutes.
5. Mix together the sauce ingredients and pour over the vegetables in the wok.
6. Cook for 2 minutes. Garnish with the sesame seed oil and serve.