

# Ooodles of Noodles

In Singapore, we enjoy a wide variety of noodle dishes and indeed, the types of noodles available can be baffling – Hokkien, Udon, kway teow, beehoon, tanghoon, yellow mee, laksa noodles, etc. They can be eaten at any time of the day and offer a convenient, nutritious base to just about any meal. And if you are pressed for time, fresh noodles don't even require cooking, just heat and eat – the perfect base for athletes looking for a nutritious energy packed meal.

Beef Kway Teow • Chicken 'N' Tofu Noodle Soup • Mee Goreng • Seafood Pasta • Chicken Balls in Tomato Sauce • Chilli Chicken and Mint Salad • Pasta with Bacon Mushroom Sauce • Quick 'N' Easy Tagliatelle • Udon Prawn and Leek Stir-Fry • Glass Noodle Stir-Fry





### Chicken 'N' Tofu Noodle Soup

- 250g lean minced chicken
- 500g fresh fine egg noodles, cooked in boiling water and drained
- 6 cups chicken broth
- 100g cai xin, cut into 4cm lengths
- 2 medium carrots, shredded
- 5 dried Shiitake mushroom, soaked and minced
- 300g silken tofu, cubed
- 1 tablespoon cornflour
- 1 tablespoon oyster sauce
- 1/2 teaspoon ground white pepper
- 1/2 teaspoon sesame oil
- 1 teaspoon granulated sugar
- 4 small spring onions, finely chopped

1. Blend minced chicken, mushrooms, cornflour, oyster sauce, pepper and sesame oil. Set aside.
2. In a large saucepan, bring stock to boil and drop 1 heaped teaspoon of minced chicken mixture at a time. Continue to boil for 3 minutes.
3. Reduce heat and add cai xin, carrots, tofu and sugar. Simmer covered for 3 minutes.
4. Pour over cooked noodles, garnish with spring onions and serve immediately.

SERVES 4 • Preparation time: 10 minutes • Cooking time: 10 minutes

NUTRIENT ANALYSIS	PER SERVE	% ENERGY DISTRIBUTION
Energy (kcal)	590	
Carbohydrate (g)	76	52
Protein (g)	40	27
Fat (g)	14	21
Calcium (mg)	350	
Iron (mg)	9.4	

### Beef Kway Teow

- 300g sirloin beef, fat trimmed, sliced
- 500g fresh flat rice noodles, soaked in boiling water and drained
- 200g beansprouts
- 120g Chinese cabbage, thinly sliced
- 10 Shiitake mushrooms, soaked in hot water, drained and sliced
- 2 cloves garlic, minced
- 1 1/2 cup water
- 2 tablespoons canola oil
- 1 1/2 tablespoons cornflour mixed with 2 tablespoons water

#### MARINADE

- 2 tablespoons dark soy sauce
- 4 teaspoons light soy sauce
- 2 tablespoons oyster sauce
- 1 teaspoon granulated sugar

1. Marinate beef in dark and light soy sauces, oyster sauce, and sugar.
2. Heat 1 tablespoon of oil in a wok and stir-fry garlic and beef for 2 minutes. Remove and set aside.
3. Heat remaining oil and stir-fry vegetables for 2 minutes.
4. Add water, and simmer uncovered for 2 minutes.
5. Add beef and cornflour mixture and simmer until gravy thickens.
6. Stir in noodles thoroughly with gravy and cook for 2 minutes. Season with salt and pepper and serve immediately.

SERVES 4 • Preparation time: 15 minutes • Cooking time: 10 minutes



TIPS: Rinse cooked flat rice noodles in tap water to prevent it from sticking together.

NUTRIENT ANALYSIS	PER SERVE	% ENERGY DISTRIBUTION
Energy (kcal)	530	
Carbohydrate (g)	74	56
Protein (g)	26	20
Fat (g)	14	24
Calcium (mg)	50	
Iron (mg)	4.1	



## Mee Goreng

300g tiger prawns, shelled and deveined  
5 sotong balls, quartered  
400g fresh yellow noodles  
200g spinach leaves  
4 tomatoes, chopped  
120g beansprouts,  
1 large onion, sliced  
2 eggs  
4 spring onions, cut into 2cm lengths  
4 tablespoons tomato sauce

1 tablespoon light soy sauce  
2 teaspoons lime juice  
2 teaspoons granulated sugar  
1½ tablespoons canola oil

**BLENDED SPICES**  
4 green chilli padis  
4 green chillies  
10 small shallots  
12 cloves garlic

1. Heat 1 tablespoon of oil in a large wok and stir-fry onions and blended spices until fragrant.
2. Add prawns, sotong balls, spinach and tomatoes, and stir-fry for 3 minutes.
3. Stir in noodles, beansprouts, tomato sauce, soy sauce, lime juice and sugar. Stir-fry for 2 minutes.
4. Make a "well" in the noodle mixture and add ½ tablespoon oil. Stir in the eggs and fry for 1 minute. Then mix the fried eggs with noodles.
5. Add salt and pepper to taste and garnish with spring onions.

SERVES 4 • Preparation time: 15 minutes • Cooking time: 10 minutes

## Seafood Pasta

200g mussels, shelled, cleaned  
2 medium squids, sliced  
500g dry wholemeal spaghetti, boiled and drained  
1 large onion, finely chopped  
2 cloves garlic, minced  
1 red capsicum, sliced  
1 cup button mushrooms, sliced  
425g canned chopped tomatoes  
2 tablespoons tomato sauce  
1 tablespoon sugar  
1 teaspoon dried basil leaves  
2 tablespoons olive oil  
¼ cup grated Parmesan cheese

1. Heat oil in a large saucepan and stir-fry onions, garlic and capsicum for 3 minutes.
2. Stir in tomatoes and tomato sauce. Bring to a boil, reduce heat and simmer covered for 4 minutes.
3. Add mushrooms and seafood, and simmer for 2 minutes or till seafood is cooked.
4. Season with sugar, basil, salt and pepper.
5. Pour prepared sauce over spaghetti. Serve sprinkled with cheese.

SERVES 5 • Preparation time: 15 minutes • Cooking time: 10 minutes

*TIPS: Ready-made blended chilli (available in supermarket) can be used in the recipe to reduce preparation time.*

NUTRIENT ANALYSIS	PER SERVE	% ENERGY DISTRIBUTION
Energy (kcal)	603	
Carbohydrate (g)	85	57
Protein (g)	38	25
Fat (g)	12	18
Calcium (mg)	234	
Iron (mg)	5.8	

*TIPS: Ready-made spaghetti sauce (available in supermarket) can be used in the recipe to reduce preparation time.*

NUTRIENT ANALYSIS	PER SERVE	% ENERGY DISTRIBUTION
Energy (kcal)	562	
Carbohydrate (g)	87	62
Protein (g)	27	20
Fat (g)	11	18
Calcium (mg)	142	
Iron (mg)	7.2	

