

Fried Black Pepper Udon Noodles

serves 4

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INGREDIENTS

Instant Japanese udon noodles	400g
Frozen prawns	300g
Cabbage, shredded	300g
Carrot, medium-sized, shredded	1/2 cup
Onion	1, medium-sized
Enoki mushroom	200g
Spring onion, sliced	2 stalks
Cooking oil	3 tablespoons
Soya sauce light, with Healthier Choice symbol	2 tablespoons
Freshly ground black pepper	2 teaspoons



METHOD OF PREPARATION

1. Bring 2 litres of water to a boil. Add the udon noodles and boil for 3 minutes. Drain, rinse with running water and set aside.
2. Heat 1 tablespoon of oil in a large saucepan. Add the prawns and stir-fry over medium heat for 3 minutes. Set aside.
3. With the same saucepan, add 2 tablespoons of oil. Sauté the onions for 1 to 2 minutes. Add the cabbage, carrots and enoki mushroom, and stir-fry till soft.
4. Add the prawns, udon noodles and spring onions, and stir-fry for 4 to 5 minutes.
5. Season with soya sauce and freshly ground black pepper.

Optional:

- You can use tofu or taukwa (for vegetarian options), skinless chicken or lean meat to replace the prawns.
- Feel free to add more vegetables, if you like.
- The amount of freshly ground pepper is subject to change based on taste preference.

NUTRITION INFORMATION per serving

Energy	345kcal
Protein	19g
Carbohydrate	43g
Total Fat	12g
Saturated Fat	1.2g
Cholesterol	97.5mg
Dietary fibre	4g
Sodium	670mg
Calcium	138mg
Carbohydrate exchange:	3 exchanges