**THAI STYLE NOODLES**

**SERVES 2-3**

**INGREDIENTS:**

50 mL bean sprouts, **blanched**

1 square of rice noodles (about 50g)

[](https://www.google.ca/url?q=http://www.recipeshowto.com/thai-rice-noodles&sa=U&ei=V9AgU-rfBMjxoATBl4KYDA&ved=0CLQBEPUBMEQ&usg=AFQjCNFmR4AAcjGvvvsmcQrLVZUZD-n8KQ)10 mL soya sauce

10 mL oyster sauce

5 mL ketchup

1 mL dried red pepper flakes

5 mL sugar

20 mL vegetable oil, divided

½ clove of garlic, minced

1 egg, beaten

½ carrot, peeled and **grated**

1 green onion, chopped

10 mL chopped peanuts (optional)

**INSTRUCTIONS:**

1. Bring a medium pot filled 3/4 full of water to a rolling boil on high heat. Place the bean sprouts in a strainer and submerge the sprouts in the boiling water for 30 seconds. Remove and set aside to drain. ***DO NOT*** *throw out the boiling water* – Use it to cook your rice noodles.
2. Add the noodles to the boiling water. Cook for 5 minutes, stirring occasionally. Drain and transfer to plate lined with a paper towel to dry.
3. Mix soya sauce, oyster sauce, ketchup, red pepper flakes and sugar together in a liquid measuring cup. Set aside.
4. In a large frying pan, heat 10 mL of vegetable oil over medium heat. Sauté minced garlic for 30 seconds. Add the beaten egg and scramble. Set aside in a dish.
5. Heat remaining 10 mL of vegetable oil, and stir-fry the grated carrots for 1 minute.
6. Now add the soya sauce mixture. Mix well making sure the sauce does not burn.
7. Add the noodles, sprouts and eggs. Stir-fry together until mixture is hot. Serve on a plate and garnish with green onion and peanuts (optional).