

## Ingredients:

- ❖ chow Mein Noodles (I use these...
- ❖ Boiling water
- ❖ Sesame seed oil
- ❖ Finely diced garlic (3-4 cloves)
- ❖ Finely chopped onion (medium)
- ❖ Salt, Pepper (red & black), mixed favorite spice
- ❖ Pealed pre-cooked frozen shrimps (or any shrimp you like)
- ❖ Ginger (preferred fresh but powdered is ok)
- ❖ Soy sauce
- ❖ Finely sliced carrots, sliced peppers, snow peas whole, & whole cherry tomatoes



## Procedure:

- ❖ Soak the noodles in a bowl with boiling water
- ❖ in an open large pan, start with the oil, garlic, onion, shrimps, salt, red and black pepper, spice (optional) and ginger (remember Soya sauce is also salty so easy on the salt)
- ❖ cook on high heat, tossing a few times until there is little water left
- ❖ add the carrots and soy sauce, toss and cook covered for 2 minutes
- ❖ add the other veggies, toss and cook covered for 2 min
- ❖ drain the noodles, add, toss and cook covered for two minutes. You might need to add a bit more soy sauce
- ❖ serve hot and enjoy.