

Tossed Prawn Noodles with Spinach Chips

Serves 4



Ingredients

For Tossed Prawn Noodles

2-3 garlic cloves, chopped
1 medium onion, chopped
2-3 stalks coriander leaves, chopped
3 tsp Healthier Choice Symbol (HCS) oil
1 cube HCS ikan bilis or anchovy stock
1 pack of sliced mushrooms
2 chillies, sliced

500 g large prawns (remove shells and the vein, keep the prawn heads)
1 packet HCS whole wheat mee sua
Salt to taste
Pepper to taste
1 lemon (juiced)

For Spinach Chips

Baby spinach leaves
Pepper to taste
Salt to taste

Preparation

For Tossed Prawn Noodles

1. Bring 2 litres of water to boil.
2. Add the ikan bilis stock and prawn heads. Boil for 10 minutes.
3. After 5 minutes, add the packet of mee sua. Cook for 5-8 minutes or until noodles are soft.
4. Remove the noodles from the stock and run the noodles under cold water to stop it from over cooking. Set aside.
5. Heat 2 tsp oil in a pan, sauté the garlic and onion until fragrant.
6. Add coriander, lemon juice, mushroom, and prawn. Stir-fry till mushrooms and prawns are cooked through.
7. Remove from heat, add 1 cup of stock and toss in the noodles and chillies. Mix well.

For Spinach Chips

1. In air fryer, heat the spinach leaves at 200°C for 2 minutes.
2. Sprinkle salt and pepper to taste.

3rd Runner-Up



Courtesy of Rose Azryena and Md Yusof

“A health-conscious couple who wish to further develop their interest in cooking.”

