



# Asian Noodles with Ginger, Garlic and Avocado



Serves: 4

Prep Time: 10 minutes

Cook Time: 5 minutes

560g Asian noodle (pre soaked/cooked as per pack instructions)

2tsp Sesame oil

2tbsp Vegetable oil

2tbsp Ginger (peeled and cut into thin strips)

4 Garlic (cloves, sliced)

2tbsp Light soy

2tbsp Oyster sauce

2 Spring onion (sliced)

2 Avocado

½ sprig Coriander leaves

- i Heat sesame oil and vegetable oil in a wok or fry pan.
- i Add ginger and garlic, fry gently then add noodles and stir fry.
- i Cut avocado in half, remove seed and skin, cut flesh into chunks.
- i Add onion, avocado, soy and oyster sauce to the noodles and stir fry for a further minute or until all ingredients are combined and hot.
- i Serve and garnish with coriander leaves.

### Variations:

Try with chicken or prawns.

