



Above: Irish cabbage — also called Colcannon, it's a dish of tradition and prediction
Below: Chinese noodles with cabbage — a delicious combination of textures and tastes



Chinese noodles with cabbage

A good dish for introducing to your family the delicious complementary tastes of Chinese cooking

MAIN MEAL

Serves 4

Overall timing 1 hour including marination

Equipment 2 bowls, 2 large frying pans, saucepan

Freezing Not recommended

INGREDIENTS

1½ oz	Packet of dried mushrooms	40g
8 oz	Fresh or frozen prawns	225g
2 tbsp	Soy sauce	2×15ml
1 tbsp	Dry marsala or sherry	15ml
1 tbsp	Chopped fresh ginger	15ml
1 tbsp	Cornflour	15ml
12 oz	Green cabbage	350g
5 tbsp	Oil	5×15ml
4 oz	Can of bamboo shoots	125g
	Salt	
11 oz	Egg noodles	300g

METHOD

- 1 Soak dried mushrooms in lukewarm water for 15–20 minutes. If using frozen prawns, thaw them.
- 2 Put prawns in a bowl with soy sauce, marsala or sherry, ginger and cornflour. Leave for 20 minutes. Dry mushrooms carefully on kitchen paper, then chop.
- 3 Cut cabbage into thin strips and put in frying pan with 2 tbsp (2×15ml) oil, the mushrooms and drained bamboo shoots. Cook for 2 minutes over a high heat, stirring constantly. Sprinkle with salt and transfer to a bowl.
- 4 Add 1 tbsp (15ml) oil to the frying pan and cook prawns and marinade for 3 minutes. Add cabbage, mushrooms and bamboo shoots and cook for 5 minutes more, stirring all the time.
- 5 Cook noodles for 8 minutes in boiling, salted water then drain well. In another frying pan, heat remaining oil and fry noodles for a few minutes, stirring them continuously.
- 6 Add noodles to other ingredients. Cook and stir for a further 4 minutes. Transfer to a warmed serving dish and serve hot with crispy noodles.