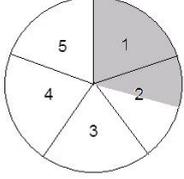


Stir Fry Noodles with Lamb

Serves 4-5

Portions of fruit & vegetables per serving: 1 ½



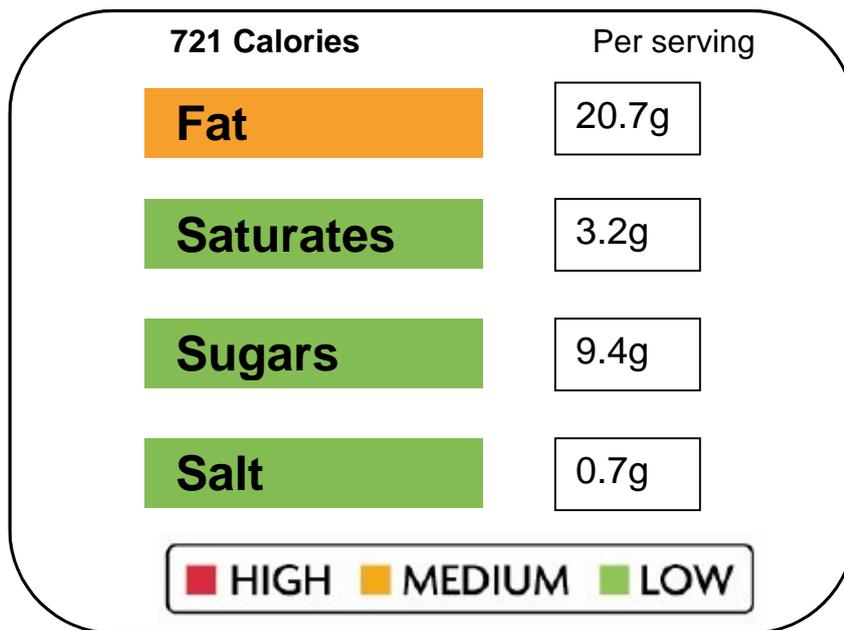
Hob needed



Ingredients	Amount	Preparation
Lamb steaks / chops	450g (1 lb)	Fat removed, cubed and washed
bell peppers (different colours)	3	thinly sliced
vegetable oil	2 teaspoons	
salad potatoes	4	sliced thinly in round shape or sticks
spring onion	1 bunch	finely chopped
carrots	3	thinly chopped
egg noodles	1 pack (500g)	
For the Marinade:		
chilli powder	½ teaspoon	
hot chilli sauce (optional)	1 teaspoon	
tomato puree	1 teaspoon	
sweet & sour sauce	1 teaspoon	

Method

- 1 Mix the sweet and sour sauce, chilli sauce, tomato puree and chilli powder together in a bowl, add the lamb and mix well then leave for ½ an hour.
- 2 Put the noodles in a saucepan of boiling water and cook for 4-5 minutes. Drain off the water and leave the noodles in the colander.
- 3 Whilst the noodles are cooking heat the oil in a pan and fry the marinated lamb over a medium heat for 10-12 minutes. Then drain off any fat.
- 4 Add the vegetables and stir fry for another 5-6 minutes.
- 5 Finally add the cooked noodles, mix well and cook for another 5 minutes.
- 6 Serve.



Handy Hints

- This can be served as a complete meal, or with a side salad.
- Choosing lean cuts of meat can lower the amount fat in this dish.
- Lamb is a good source of iron.
- Try replacing the lamb with chicken, turkey or Quorn.