



Food For Thought Recipe and Allergen Card

Asian Noodles

50 Portions

Ingredient	Hannah Product Code	Quantity
Egg Noodles		1kg
Soy Sauce		50ml
Fresh Ginger	Almonds	1
Sliced Peppers	Almonds	300g
Onion	Almonds	300g
Spring Onion	Almonds	3
Beansprouts	Almonds	200g
Salt and Pepper		To taste
Peas		200g
Olive Oil		For Cooking

RECIPE METHOD – ALLERGENS

1. Heat the Olive oil in a large heavy bottomed pan and begin roasting the diced vegetables and ginger in olive oil seasoning with salt and pepper.
2. Boil a pan of water and add the noodles for around 5 minutes or until soft.
3. Drain the noodles and add them to the vegetable and ginger mixture.
4. Add the soy sauce until the desired flavour and colour has been achieved.
5. Serve immediately.

The allergens highlighted in RED are present in this dish
Allergens:
Cereals : Wheat Rye Barley Oats Spelt Kamut
milk
egg
Peanuts
Tree Nuts
Sesame
Fish
Crustaceans
Molluscs
Celery
Mustard
Soya
Lupin
Sulphites
May contain...