

hot box



Takeaway noodles have emerged as a delicious, healthy alternative to traditional fast food. Wok Me owner **Luke McGrath** shares one of his recipes.

recipe

Wok Me Box with Asian pesto

Ingredients: Serves 1

Asian pesto

1 bunch coriander
½ bunch shallots
2 whole onions
250g peanuts
60ml lime juice
15g sugar
3 sticks lemongrass
15ml oil
50g cashews

Meal ingredients

500g hokkien noodles
150g diced chicken
2 onions peeled and sliced
2 carrots peeled and sliced
1 red capsicum sliced
150g green beans topped, tailed and halved
30ml lemon juice
30ml ABC sweet soy sauce

Method

Seal chicken in a very hot wok with the lemon juice until chicken is browned. Remove from wok and set aside. Using a hot wok, add 90ml of the sauce, with an equal amount of water. Mix together in the wok and once

Pesto method

Peel onions, cut in half and blend in a blender with peanuts and cashews. Use a mortar and pestle to combine coriander shallots, lemongrass and oil to a smooth paste, releasing the flavour and aromas of the ingredients. Once blended, add onion, peanut and cashew blend. Also add sugar and lime juice and blend well.

it starts to bubble, add noodles first, then vegetables and chicken. Leave for 10 to 15 seconds to allow the noodles to really soak in the sauce, then wok toss for 2-3 mins. The entire meal should take on a predominantly light green colour due to the sauce. The exact colour may vary depending on the strength of the herbs used in the sauce. Finally add a dash of ABC sweet soy sauce. Only a dash is required. Wok toss again for another 2 mins. Turn off the heat, grab a fork and taste test. The amazing thing about noodles is the varying flavours and consistencies and everyone's preference is a little different. Ensure there is enough sauce and flavour for you. If not, add some more.

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Noodle Bar