

## SPRINGTIME NOODLES (V)

Springtime Noodles combines crisp green vegetables with noodles make an ideal healthy light lunch.

Serves 4

Per serving: 170 calories, 3.7g fat

Prep time: 10 mins

Cook time: 25 mins

## INGREDIENTS

115g (4oz) fine noodles  
2 vegetable stock cubes  
1 medium red onion, finely chopped  
2 garlic cloves, crushed  
115g (4oz) baby asparagus  
115g (4oz) sugar snap peas  
115g (4oz) each fine beans  
salt and freshly ground black pepper  
1 tbsp finely grated Parmesan cheese

## METHOD

1. Place the noodles in a large bowl containing the stock cubes and cover with boiling water.
2. In a non-stick wok, dry-fry the onion and garlic until soft. Add the asparagus, peas and beans. Cook quickly over a moderate heat for 8–10 minutes, moving the vegetables around with a spatula. When the vegetables are just cooked, drain the noodles and add to the wok. Season with salt and black pepper.
3. Serve hot with a little Parmesan cheese or for a creamy consistency fold in 1 - 2 tbsps of virtually fat-free fromage frais just before serving.

