

Ingredients:

120gm (4.2oz) of Asian Meals Black Pepper sauce

200gm udon noodles

50gm prawns, deshelled

50gm boneless chicken meat, sliced

30gm red capsicum, cut into strips

30gm green capsicum, cut into strips

30gm French beans, cut into slices

Cooking Method:

- 1. Preheat wok then add in Asian Meals Black Pepper sauce.
- 2. Add chicken and prawns, stir fry for 2 minutes.
- Lower heat to medium, add vegetables, mix well and cover for 2 minutes.
- 4. Add noodles, stir fry for a further 2 minutes and serve.

Chef tips:

Other ingredients like prawns, squid and onions may also be added to this noodle dishes.

