



Singapore noodles with shrimps & Chinese cabbage

 Dairy Free

READY IN



15 min.

SERVINGS



4

CALORIES



415 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 200 g vermicelli dried
- ☐ 1 tbsp unrefined sunflower oil
- ☐ 1 tsp ginger chopped
- ☐ 1 tbsp curry powder hot
- ☐ 1 cabbage chinese cut into 1cm slices
- ☐ 1 carrots very thinly sliced
- ☐ 150 ml chicken stock see hot

- ☐ 1 tsp brown sugar
- ☐ 2 tsp vinegar (any will do)
- ☐ 400 g shrimp cooked peeled
- ☐ 140 g bean sprouts
- ☐ 1 bunch spring onion thinly sliced
- ☐ 4 servings shrimp paste (look fthat contains shrimp paste)
- ☐ 4 servings soya sauce

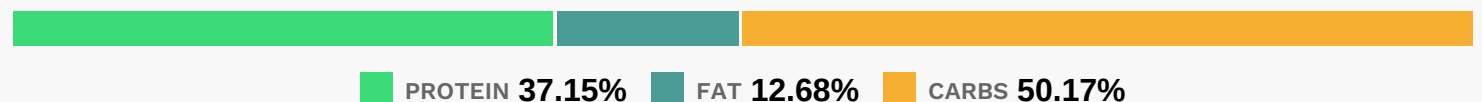
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ wok

Directions

- ☐ If using dried noodles, place in a heatproof bowl, cover with boiling water and leave to soak for 5 mins, or follow the pack instructions.
- ☐ Drain well.
- ☐ Meanwhile, heat the oil in a wok and stir-fry the ginger for 1 min.
- ☐ Add the curry powder and cook for 1 min more.
- ☐ Add the cabbage and carrot and stir-fry for 2 mins.
- ☐ Mix together the stock, sugar and vinegar and add to the pan with the prawns, beansprouts and drained noodles. Cook until piping hot, then stir through the spring onions, divide between bowls and serve with a splash of chilli oil and soy sauce.

Nutrition Facts



Properties

Glycemic Index:63.46, Glycemic Load:25.41, Inflammation Score:-9, Nutrition Score:18.038695667101%

Flavonoids

Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg, Kaempferol: 0.23mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg, Quercetin: 0.73mg

Nutrients (% of daily need)

Calories: 414.92kcal (20.75%), Fat: 5.93g (9.13%), Saturated Fat: 0.71g (4.41%), Carbohydrates: 52.86g (17.62%), Net Carbohydrates: 50.17g (18.24%), Sugar: 4.04g (4.49%), Cholesterol: 333.14mg (111.05%), Sodium: 1828.02mg (79.48%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 39.14g (78.27%), Vitamin A: 2999.71IU (59.99%), Manganese: 0.82mg (41.19%), Phosphorus: 383.03mg (38.3%), Copper: 0.69mg (34.65%), Vitamin K: 27.82µg (26.5%), Iron: 4.42mg (24.57%), Folate: 97.42µg (24.35%), Calcium: 200.67mg (20.07%), Magnesium: 75.61mg (18.9%), Potassium: 623.9mg (17.83%), Zinc: 2.31mg (15.37%), Vitamin C: 11.41mg (13.83%), Selenium: 9.65µg (13.78%), Vitamin E: 1.97mg (13.1%), Vitamin B3: 2.58mg (12.89%), Fiber: 2.69g (10.76%), Vitamin B2: 0.16mg (9.7%), Vitamin B6: 0.19mg (9.66%), Vitamin B1: 0.09mg (6.22%), Vitamin B5: 0.32mg (3.23%)