

RECIPES – WEEK 4

Malaysian-Style Veg Noodles by Jamie Oliver

35 Minutes

Serves 4

Ingredients

1 potato
2 shallots
Olive oil
½ teaspoon ground turmeric
2 teaspoons curry powder
2 fresh kaffir lime leaves (I use dried)
2 cloves of garlic
2cm piece of ginger
2 fresh red chillies
2 sticks of lemongrass
200g silken tofu
200g baby corn
1 x 400g tin of light coconut milk
200g mangetout
Low-salt soy sauce
2 limes
20g unsalted peanuts
200g rice noodles

Method

Scrub the potato and peel the shallots, then chop into 1cm dice and place in a large non-stick pan with 1 tablespoon of oil. Add the turmeric and curry powder, then cook on a medium-low heat for 20 minutes, or until lightly golden, stirring occasionally. Meanwhile, place the kaffir lime leaves in a pestle and mortar. Peel and roughly chop the garlic and ginger, trim and finely chop the chillies and lemongrass, then add them all to the lime leaves and bash to a fine paste. Scrape into the pan and cook for 5 minutes, stirring regularly. Roughly chop and add the tofu, followed by the corn, then pour in the coconut milk. Bring to the boil, stir in the mangetout, then season to taste with soy and lime juice.

Meanwhile, roughly chop the peanuts. Cook the noodles according to the packet instructions, then drain and divide between 4 bowls. Spoon over the veg and sauce, sprinkle over the nuts, and serve

with lime wedges for squeezing over. Sometimes I toss the chopped nuts through the noodles with a little lime zest before adding to the bowls – it makes them tacky with a good crunch!