



Stir Fry Noodles: Chinese-style Vegetable Cutting



Ingredients

- Cooked noodles 2 cups
- Cabbage 1/4 head
- Carrot 1 whole medium sized
- French beans 10–12
- Bell peppers (red, green and yellow) 1
- Spring onion 2 whole
- Soy sauce 1/2 tbsp
- Vinegar 1/2 tbsp
- Salt as per taste
- pepper 1/3 tsp
- Sugar a pinch
- Fortune Rice Bran Health Oil 2 tbsp

Steps

- **Technique in focus #1:** Julienne carrot and bell peppers.
- Cut and make a base so that the carrot does not slip.
- Rest the knife on the base and hold it firmly with your fingers.
- Using a 45° angle cut thin slices.
- Now stack and cut thin strips like match sticks.



- Cut bell peppers from the sides and clean out the edges.
- Take each side for cutting and slice into julienne just like the carrot.
- **Technique in focus #2:** Shred the cabbage into thin slices.
- Cut the cabbage into two halves.
- Now slice very thin strips for shredded cabbage.
- Once shredded, run your fingers through the shreds to separate it.
- **Technique in focus #3:** Bias slice the green onions and beans by cutting them diagonally.
- For spring onion, cut the bulb out and using the green start slicing it in a diagonal fashion thinly.
- Check if the slices are forming a diamond shape. The length of slices shouldn't be more than ½ an inch each.
- Cut off the ends of the beans and repeat the same chopping process like the spring onions.
- Heat Fortune Rice Bran Health Oil in a pan. Add all the veggies and sauté till cooked.
- Do not overcook the veggies for retaining the crunch.
- Then add soya sauce, vinegar, salt, pepper and a pinch of sugar. Stir to mix.
- Now add in cooked noodles and toss for 2–3 mins.
- Your quick and easy stir-fry noodles are ready to be served, hot!