



APPETITE & THE WILD
Cook • Fish • Hunt



by MELISSA FROHLOFF

Stir-fried seafood noodles

Ingredients

- 3 garlic cloves, crushed
- 40g prosciutto, finely sliced
- 200g green prawns, cleaned
- 100g squid, cleaned and sliced
- 1 small golden shallot, sliced
- 1 tbsp soy sauce
- 1 tbsp fish sauce
- 1 tbsp chilli jam
- 1 tbsp sesame oil
- 2 tbsp chicken stock
- 1 tsp ginger
- Pinch of white sugar
- 1 cup bean sprouts
- 60g thin hokkien noodles
- 30g vermicelli noodles soaked in hot water and drained
- 1/2 red chilli, sliced

- Lime wedge
- Shallot, sliced

Instructions

1. Heat wok to medium, add sesame oil, garlic and shallot until they start to colour.
2. Add seafood to pan and lightly fry.
3. Add soy sauce, fish sauce, chilli jam, sugar and ginger to the wok and stir fry for a couple of minutes.
4. Add all the noodles, chicken stock and combine. Cook until hokkien noodles have softened.
5. Stir in bean sprouts and serve.
6. Garnish with sliced red chilli, shallots and a squeeze of lime juice.