

Crispy Noodle Pancake with Stir-Fried Vegetables

For the sauce:

- 1 Tbs (15 ml) peanut or vegetable oil
- 1 Tbs (15 ml) Chinese rice wine or dry sherry
- 1 Tbs (15 ml) soy sauce
- 1 Tbs (15 ml) honey
- 1 Tbs (15 ml) cornstarch (cornflour)
- 1 tsp (5 ml) grated fresh ginger
- 1-2 cloves garlic, finely chopped
- Hot red pepper flakes to taste (optional)

For the noodle pancake:

- 8 oz (225 g) Chinese noodles or thin spaghetti
- 1 tsp (5 ml) sesame oil
- 3 Tbs (45 ml) peanut or vegetable oil

For the stir-fried vegetables:

- 3 Tbs (45 ml) peanut or vegetable oil
- 1 tsp (5 ml) grated fresh ginger
- 2-4 cloves garlic, thinly sliced
- 3 scallions (spring onions), green and white parts, trimmed and cut into 1-inch (3 cm) pieces
- 1 cup (250 ml) snow peas, trimmed
- 1 cup (250 ml) sliced mushrooms
- 1 cup (250 ml) broccoli florets
- 1 red bell pepper (capsicum), cored, seeded, and cut into strips
- 1 green bell pepper (capsicum), cored, seeded, and cut into strips
- 1/4 cup (60 ml) sliced water chestnuts

Mix the ingredients for the sauce in a small bowl and set aside. Cook the noodles according to the package directions and drain. Rinse with cold water and drain again. Place the noodles on a clean kitchen towel, pat dry, and toss with the sesame oil. Heat the peanut oil in a large skillet (preferably non-stick) over moderate heat and arrange the noodles in a uniform layer in the skillet. Cook covered, shaking the pan occasionally, until the noodles are browned and crispy on the bottom, about 5 minutes. Invert a platter or cutting board over the skillet, invert both, and slide the noodles back into the skillet cooked side up. Cook covered until the bottom is browned, about 3 to 4 minutes. Meanwhile, stir-fry the vegetables by heating the peanut oil in another large skillet over high heat. Saute the ginger, garlic, and scallions for 1 minute, then add the remaining vegetables. Saute for 2 minutes and stir in the sauce. Continue cooking, stirring constantly, until the vegetables are crisp-tender and coated with the sauce, 2 to 3 minutes. Transfer the cooked noodles to a serving platter, spoon the vegetables on top, and serve immediately. Serves 4 to 6.

