

## WHAT THE DOCTOR ORDERS, COOKS, AND EATS

Anyone for Leftovers? - Zingy Singapore Noodles- for 2 people

### GET READY:

Fresh root ginger- 4cm

Garlic cloves-2

Red pepper-1

Sweet potato-400g

Sugar snap peas- 80g

Lime- 1

Soy sauce- 2 TBS

Medium curry powder- 1 TBS

Shredded roast chicken or turkey leftovers- 200 g

### GET COOKING:

- Peel and finely grate the ginger, crush the garlic and thinly slice the red pepper
- Peel the sweet potato ,slice it and peel it into 1 cm wide ribbons
- Heat a large wok or frying pan with some bland oil in it and add the ginger, and garlic, stir fry for 1-2 minutes
- add the sweet potato noodles and coat in the flavoured oil and keep stirring
- Add the sugar snaps and red pepper strips, adding more oil if needed
- Add the shredded meat, soy sauce, juice of a lime and curry powder
- Stir fry until all the meat and veg are heated through with the sauce

### GET EATING:

This is a real treat of a way to use up left over turkey or chicken from a roast. It is light and crunchy, zingy and spicy, very fresh tasting to contrast the heaviness of a roast dinner. The red pepper and sugar snaps should be cooked just enough to leave them crispy and the soft sweet potato noodles absorb the flavours of ginger and garlic and give the dish the gentle backdrop for the other flavours to sing and crunch.

### GET HEALTHY:

Substituting sweet potato for more usual egg noodles makes this a gluten free dish if you use tamari sauce in place of soy sauce. It is a rich source of beta carotene, vitamin C and many minerals. Sugar snap peas are less starchy than ordinary peas and contain fibre and vitamins C and K. Red peppers are also packed with vitamin C, B6 and folate.

Thanks to Mindful Chef yet again for this delicious healthy offering.