

SINGAPORE NOODLES

Singapore 'Mei Fun' is a Delicious Noodle Dish of Meat, Shrimp, & Veggies In A Peppered Curry Sauce

Singapore Noodles is a "dry" noodle dish, very light on sauce, with lots of curry and spices that are spread throughout. Loaded with shrimp, chicken and veggies, this is a very non-typical noodle dish to see on a menu. Servers are always surprised when I order it. Especially if you're a 'Guailo', like me.

Ingredients:

Meat & Veggies:

- 1/2 lb chicken breast, sliced into thin strips
- 2 tsp paprika mixed with 2 Tbsp water (for chicken)
- 1/2 tsp 'dark' soy sauce (optional, for color)
- 1/8 tsp baking soda (trust me)
- 1 lb large shrimp (16-20 count)
- 2 large red bell peppers, sliced into strips
- 1/2 cup shredded carrot
- 1/2 medium onion, sliced into strips
- 1/2 cup sliced green onion

Curried Noodle Sauce:

- 1/4 cup chicken broth
- 1/4 cup rice vinegar
- 1 Tbsp white wine ***
- 1/4 cup reduced sodium soy sauce
- 1-1/2 to 2-1/2 Tbsp curry powder, to taste. I used 2-1/2. The curry powder should be a strong flavor in this dish. This is a 'dry' noodle dish, not saucy, due to the powders.
- 1 Tbsp ground turmeric
- 1 tsp black pepper
- 1 tsp 0 calorie sugar replacement o' choice
- 1 tsp ginger root, minced
- 4 cloves garlic, chopped
- 1/2 tsp salt

Additional Ingredients:

- 1 large egg
- 8oz dry thin vermicelli RICE noodles. Cook according to package directions, then set aside. (see notes)
- 1 tsp sesame seeds, toasted in a hot pan till fragrant.
- additional thin sliced green onion, for garnish.

Servings Info.:

Yield: 11 cups

Servings: 7

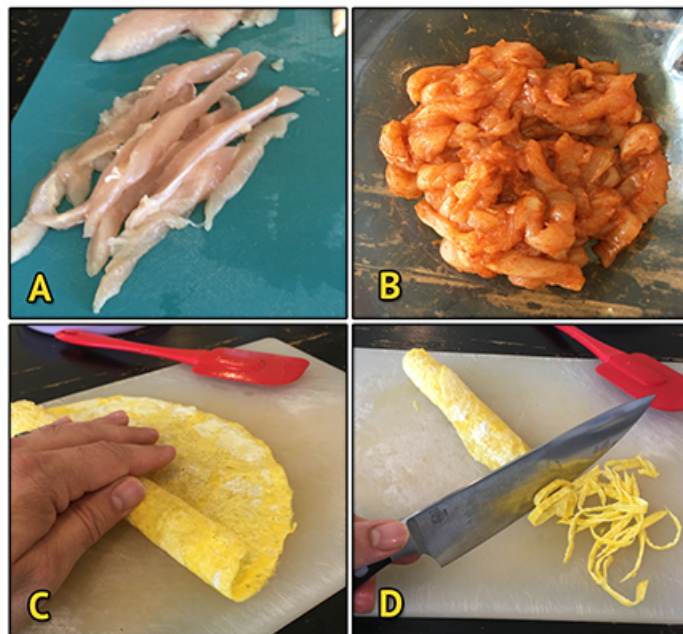
Serving Size: 1.5 cups



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Use your mobile device's 'Camera' App to
look at this code for nutritional info.

Directions:



1. (A) Slice the chicken breasts into thin strips. (B) Mix the paprika, baking soda/water and dark soy sauce into a paste, then mix with the chicken. Set aside for 30 mins. (C) Whisk the egg until the egg and yolk are well mixed. Spray a pan with cooking spray and cook to form a flat, round omelette. (D) Remove from pan, roll the egg into a cigar shape, then slice thin. Set the sliced egg aside.
2. Combine the sauce ingredients in a bowl, set aside.
3. Toast the sesame seeds in a hot pan, till lightly brown and fragrant. Set aside.



4. (A) Heat the biggest pan that ya have, over medium heat, for 1 minute. Spray with cooking spray, then cook the chicken breast until just cooked through. Set aside. (B) Add shrimp to the pan, cover, and cook for a few minutes, till the shrimp is cooked through and pink. Set aside. (C) Admire all your prepared veggies, then crank up the heat to medium high. (D) Spray the pan with cooking spray and add the onions, red bell peppers, green onions and carrots. Cover and cook for 4 minutes, till starting to soften.
5. (A) Pour the sauce into the pan and cook uncovered for 2 minutes at a hard boil, stirring so that it doesn't burn. (B) If ALL of the liquid has evaporated, add a little water. Turn off the heat and add all of the cooked pasta into the pan. (C) Take your time and fold all of the pasta into the pan, to distribute the veggies and sauce. The pasta will be lightly coated and take on a yellow hue. (D) Add the egg, chicken and shrimp, gently fold till well mixed. Plate, then garnish with extra green onion and toasted sesame seeds.

NOTES:

- **RICE NOODLES:** Ok folks, we're using a new ingredient your local stores MIGHT not have... 'vermicelli rice noodles'. They are found in the Asian food aisle, if your store has them. They look like SUPER THIN angel hair pasta. Some brands ask you to boil them for 2-3 minutes, while other brands simply have you soak the noodles in hot water for a few minutes. Follow the package instructions for the noodles you buy. My recipe uses 26 points of thin vermicelli rice noodles.

If, however, you are unable to find vermicelli rice noodles at any of your nearby stores... you can make this recipe with angel hair pasta, cooked to 'al dente'. The texture will not be the same, but it will still be a really tasty platter of noodles.

- **WINE:** Once again, we're subbing in some regular white wine in place of the higher point Asian cooking wine.

- **PAPRIKA CHICKEN? WTH, DAN?:** This is more for looks than anything. The REGULAR version of this dish you'd get at a Chinese restaurant, has thin sliced, ultra reddish bbq pork. To mimic the look of the bbq pork which I am obviously not including in this dish... I've using the paprika and dark soy sauce to give our sliced chicken a reddish color, once cooked. It makes the dish look closer to the real deal.

