



Miele

Seafood longevity noodles

By Miele

15 minutes, plus soaking time

Preparation time

10 minutes

Cooking time

6

Serves

INGREDIENTS

- 1 small crayfish tail, cut into 2 cm slices
- 6 large green prawns, peeled and deveined, tails left intact
- 300 g pippies, cleaned
- 400 g fresh egg noodles
- 6 large dried shiitake mushrooms, soaked in boiling water for 20 minutes
- 2 tbsp neutral oil
- 6 spring onions, whites cut into 3 cm pieces and greens thinly sliced
- 2 cm piece ginger (10 g), peeled and sliced into small sticks
- 1 garlic clove, sliced thinly
- 1 cup shaved or thinly sliced green cabbage
- 2 tbsp oyster sauce
- 1 tbsp soy sauce
- Pinch white pepper
- 1 tsp white sugar
- 1 tsp sesame oil
- 1 tbsp Chinese cooking wine
- 100 g snow peas, thinly sliced on the diagonal

METHOD

1. Place the seafood into a perforated steam container. Place into the steam oven and Steam at 85°C for 5 minutes, or until just tender.
2. Prepare the noodles as per their instructions.
3. Remove the shiitake mushrooms from the water and slice thinly, reserve the soaking liquid.
4. Heat a flat-bottomed wok on medium-low heat, induction setting 4, for 5 minutes. Increase to medium-high heat, induction setting 7, add the oil and fry the spring onions, ginger and garlic for 1 minute.
5. Add the mushroom and stir-fry for 2 minutes.
6. Increase the heat to high, induction setting 8. Add the prepared noodles and cabbage, stir-fry for 3 minutes.
7. Add the seafood and remaining ingredients, plus 2 tablespoons of the reserved shiitake soaking liquid. Stir-fry for 2 minutes, or until the noodles are coated in the sauce.

Hints and tips

- Steaming the seafood guarantees tender results, however they can be stir-fried with the noodles.
- Our recipes are tested using 20 ml tablespoon measures.
- Lunar New Year is celebrated across Asia and is often celebrated with special foods, such as this dish. These noodles represent long life, the added seafood elevates this delicious dish.