



Chow Mein Style Tagliatelle

Serves 2

The Juvela Gluten-free Tagliatelle is used here in place of egg noodles in this traditional oriental dish - great with prawns, chicken or meat.

Ingredients

100g (4oz) JUVELA Gluten-Free Tagliatelle
1 tbsp olive oil
1 small red onion
1 garlic clove, peeled and crushed
150g (6oz) prawns (or chicken or pork strips)
100g (4oz) mange tout
150g (6oz) bean sprouts
2 tbsp sweet chilli sauce
1 tbsp soy sauce
1 cm (½ inch) piece root ginger, finely chopped

Method

Cook Tagliatelle as per instructions on pack. Drain and rinse thoroughly with boiling water.

Heat the oil in a large pan and fry the onion and garlic until browned.

Add the prawns and cook for about 5 minutes until browned (10 to 15 minutes for meat).

Stir in the remaining ingredients and freshly cooked Tagliatelle and heat through.