

SPOTLIGHT RECIPE



CHILI-CRAB NOODLES

- Cook the noodles according to the package instructions, and then drain and run under warm water to rinse off the starch. Set aside. Heat a large wok or frying pan and fry the onions with the oil over high heat, tossing, until slightly browned and softened. Add the garlic and chilies, then fry for 2 minutes.
- Mix the ketchup, soy sauce and fish sauce in a bowl. When the onions and garlic are golden, add the sauce mixture to the pan and let it bubble for a minute. Add the noodles with the crabmeat and toss together. Stir in the lime juice, and then serve scattered with the spring onions and chopped coriander leaves.

Ingredients

Servings: 4

- 9 ounces flat rice noodles
- 2 large onions, sliced
- 2 tablespoons of sunflower or groundnut oil
- 4 garlic cloves, sliced
- 2 chilies, sliced
- 3 1/2 tablespoons ketchup
- 2 1/2 tablespoons soy sauce
- 2 1/2 tablespoons fish sauce
- 7 ounces mixed crabmeat
- Juice of 1 to 2 limes
- Sliced spring onions and chopped coriander leaves to serve (optional)