

Stir Fry Mei Fun (Rice Vermicelli Noodles)

March 5th, 2023

This recipe serves: 4

Prep Time: 01:00

Cook Time: 00:15

As with any Stir Fry, there are 2 distinct phases of making this meal: the preparation phase and the cooking phase. In order to ensure that the various ingredients are not overcooked, all of the ingredients should be prepared and measured during the preparation phase, before you begin cooking. Stir Fry is supposed to be a high heat process; ensure that the wok is well heated so that the oil begins to smoke before you begin cooking. Otherwise, the food will stick to the wok.

Ingredients:

4 servings of Mei Fun Rice Vermicelli Noodles

Hot Water (heated to around 190° F)

Noodle Marinade

1 Tablespoon Soy Sauce

1/2 Teaspoon Fish Sauce

2 Garlic Cloves, finely minced

1 Teaspoon Sesame Oil

1/2 Teaspoon Rice Wine Vinegar

Stir Fry Ingredients

3 Tablespoons Vegetable Oil

2 Inches Fresh Ginger, peeled and sliced into thin toothpicks

1 Small Shallot or 1/2 Red Onion

1/4 Head Cabbage, thinly sliced

1/2 Red Bell Pepper, cut into long toothpicks.

1.5 Tablespoons Soy Sauce

1/2 Teaspoon Sesame Oil

3 Green Onions (Scallions), cleaned and cut into 3 inch strips

Directions:

Prepare the Noodles

Soak the Noodles, covered in Hot Water for 30 minutes. Alternatively, boil the Noodles for about 1 minute.

Drain the Noodles.

In a medium bowl, mix together the ingredients for the Noodle Marinade.

Add the Noodles to the Marinade and stir until well coated.

Marinate the Noodles for 30 minutes.

Stir Fry

Heat the wok over high heat until it begins to smoke.

Add Vegetable Oil to the pan.

Add the fresh Ginger and the Shallot (or Red Onion).

Stir fry for about 15 seconds.

Add the Cabbage and the Red Bell Pepper.

Stir fry for another 30 seconds.

Add 1.5 Tablespoons of Soy Sauce and 1/2 Teaspoon Sesame Oil.

Stir again for another few seconds.

Add the Noodles

Stir in the Noodles, with the marinade, and the Scallions.

Fry for 1 minute, stirring constantly.

Remove the wok from the heat, and immediately cover the wok.

Allow the wok ingredients to sit, undisturbed, for 5 minutes.

Serve.