

# Spring Rolls in a Bowl



Preparation time:	15 mins
Serves:	2 people
User Rating:	★★★★★

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Categories:Quick & Easy, Pantry and Fridge Staples, Dinner Recipes, Lunch Recipes, Vegetarian, Meals for One

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## Ingredients

- 2 eggs
- 40g bean thread noodles (one brick)
- 2 tsp sesame oil
- 1 carrot, julienned
- 100g bamboo shoots, julienned (about half a 225g tin)
- 2 cloves garlic, sliced
- 2 Tbsp Shaoxing wine
- 2 cups wombok, thinly sliced
- 1 tsp white pepper, or to taste
- Salt, to taste
- MSG, to taste (optional)
- Sliced spring onion and crunchy noodles, to serve

## Method

1. Place a small pot of water on to boil. Once boiling, lower your eggs in with a spoon then set a timer for 7 minutes. Once cooked, remove and place under cold or ice water to cool completely.
2. Meanwhile, place bean thread noodles in a small heatproof bowl and cover with boiling water. Allow to stand for about 5 minutes. Drain and then cut with clean scissors or chop into bite-size lengths.
3. Place a large frying pan or wok over medium-high heat. Add the sesame oil and carrot and toss to cook until slightly softened, about 2 minutes. Add the garlic and bamboo shoots then cook for a further minute. Add the Shaoxing, wombok, white pepper and season to taste

with salt and MSG if you are using it.

4. Toss and cook for a further 2-3 minutes until the cabbage is wilted. Finally, add the glass noodles and toss to cook a further minute or so until the noodles become translucent.
5. Portion the noodles into bowls, then garnish with sliced spring onion and a boiled egg cut in half.