

SPICY GARLIC NOODS



STUFF

- 3 Garlic Cloves crushed not chopped (or more if you hate vampires)
- Red Pepper (OR ANY VEG)
- Noodles - Protein Noodles are mega low cal two portions (you will want the leftovers)
- Protein - Turkey, beef, chicken or Salmon
- Chilli Flakes

STUFF FOR SAUCE

- 20g Soy Sauce
- 30g Vinegar
- 5-10g hot sauce
- 20g hoisin sauce
- 100g water
- 5 g Cornflour



HOW TO DO THE THING

- Get a pot on a hot thing and bring some water up to boil, put noodles in and cook till done
- Put all the sauce stuff in something big enough and mix (cornflour last)
- Put a pan on a medium heat, few sprays of cooking oil or oil once hot fire the garlic in with a sprinkle of chilli flakes
- Once smelly put in 200 ish grams of meat (I use 225g turkey mince) Once cooked through remove from pan
- In the same pan put your veg and a wee bosh of salt, once cooked put turkey back into pan. Turn heat down to med/low and put sauce into pan. Cook till as thick as you'd like
- Add cooked noodles - If being a fancy guy 5 g of sesame oil over top
- This should give you