

Preparation time: 30 minutes Serves 6

Udon Aglio Olio

This noodle dish is chockfull of flavour, from the anchovies, prawns and vegetables, with a hint of spiciness. Serve as a one-dish meal, or as part of a main meal.

INGREDIENTS

Udon noodles	600 g (1 lb 5 ¹ / ₃ oz)
Garlic	3 cloves, peeled and finely chopped
Prawns	250 g (9 oz), peeled, tails left intact
Tinned anchovies in oil	drained and minced, reserve 3 tsp oil for frying
Bird's eye chillies	4, finely sliced
Shiitake mushrooms	55 g (2 oz), caps wiped, stems removed and finely sliced
Cherry tomatoes	20 g (2 ² / ₃ oz), halved
Asparagus	150 g (5 ¹ / ₃ oz), ends trimmed and diagonally sliced
Black peppercorns	1 tsp, lightly crushed
Mixed dried Italian herbs	1 tsp
Water	400 ml (13 ¹ / ₂ fl oz / 1 ³ / ₅ cups)
Spring onion (scallion)	1 sprig, diagonally sliced
Salt	a pinch

METHOD

- Bring a pot of water to the boil. Blanch udon noodles for 30 seconds, then remove from heat, drain and set aside and keep warm.
- In a frying pan, heat reserved oil over medium heat. Add garlic and fry until fragrant, then add prawns and fry until they turn pink. Add anchovies and fry for 20 seconds, then add chillies, mushrooms, tomatoes, and asparagus. Toss lightly to mix well and stir-fry for 20 seconds. Add pepper and herbs and mix well.
- Add water to mixture, then leave to simmer for 1 minute. Add udon noodles and simmer for another minute. Add spring onions and salt and stir to mix well. Leave mixture to simmer until almost dry, then remove from heat.
- Dish out and serve immediately.

Do note that this recipe has a high carbohydrate level. Go easy on serving portions and make sure it is within the limit for your carbohydrate allowance. As an alternative, reduce the quantity of noodles and serve together with a high-protein dish and salad.

Per serve	
Calories	386 kcal
Carbohydrate	61.7 g
Fat	7.1 g
Cholesterol	81.3mg
Fibre	2.7 g

