

Longevity Noodles



This February marks the celebration of Chinese New Year and in this auspicious occasion every household will prepare the longevity noodles, a traditional dish to promote prosperity and good health for the year ahead. In the Chinese culture, noodles symbolise living to a ripe old age, so make sure you don't break the noodles while cooking them!

Ingredients

- 170g spaghetti
- 198g shrimp, deveined
- 1 ½ tsp sea salt, divided
- ½ tsp corn starch
- 1 tbsp cooking oil
- 1 tsp finely minced garlic
- ¼ cup snow peas, sliced thin (diagonal)
- ¼ cup thinly sliced carrots
- 1 ½ tsp soy sauce
- 1 tsp Chinese rice wine
- ¼ tsp sesame oil
- 1 tbsp sesame seeds

Method

- Bring a pot of water to boil. Add 1 tsp of salt to water and cook the spaghetti.
- In a small bowl, place shrimp and add the remaining ½ teaspoon of salt and the cornstarch to mix. Set the mixture aside for 8 minutes and rinse the shrimp well after. Pat dry with paper towels.
- In a large pan, heat the cooking oil on high and fry the shrimp about 1 min on each side. Set aside on a plate. Leave about 1 tsp of oil in the pan.
- Turn heat down to medium and add garlic. Fry until fragrant then add the snow peas and carrots and fry 1 min. Add the soy sauce and rice wine. Turn heat to high and add the drained spaghetti noodles and shrimp. Toss well to combine. Cook for 2 mins, until shrimp is cooked through. Toss with sesame oil and sesame seeds. Serve!