

Stir fried Instant Noodle Recipe

A hearty and flavourful stir-fry featuring soft noodles pan-tossed with savoury ham, earthy mushrooms, crisp carrots, bean sprouts, and fresh greens. Coated in a rich umami sauce made from vegetarian oyster sauce, soy sauce, and a hint of sesame oil, this dish is satisfying, aromatic, and perfect for a quick yet delicious meal.



Sample Recipe

	Recipe serves	Prepared for
	3	3

Ingredient	Amount		Scaled amount	
Instant Noodle Block	3	----	3	----
Bean Sprout	100	g	100	g
Vegetarian Ham	100	g	100	g
Dried Mushrooms (pcs)	5	----	5	----
Carrot	100	g	100	g
Greens (Bok Choy or others)	100	g	100	g
Seasoning :				
Pepper (tsp)	1/4	----	1/4	----
Salt (tsp)	1/2	----	1/2	----
Sugar (tsp)	1/2	----	1/2	----
Mushroom Seasoning (tsp)	1/2	----	1/2	----
Soy Sauce (Tbsp)	1	----	1	----
Veg. Oyster Sauce (Tbsp)	1	----	1	----
Sesame Oil (tsp)	1	----	1	----

Shopping List

Ingredients	Have it	Quantity
Instant Noodle Block	<input type="checkbox"/>	
Bean Sprout	<input type="checkbox"/>	
Vegetarian Ham	<input type="checkbox"/>	
Dried Mushrooms (pcs)	<input type="checkbox"/>	
Carrot	<input type="checkbox"/>	
Greens (Bok Choy or others)	<input type="checkbox"/>	
Seasoning :	<input type="checkbox"/>	
Pepper (tsp)	<input type="checkbox"/>	
Salt (tsp)	<input type="checkbox"/>	
Sugar (tsp)	<input type="checkbox"/>	
Mushroom Seasoning (tsp)	<input type="checkbox"/>	
Soy Sauce (Tbsp)	<input type="checkbox"/>	
Veg. Oyster Sauce (Tbsp)	<input type="checkbox"/>	
Sesame Oil (tsp)	<input type="checkbox"/>	
	<input type="checkbox"/>	
	<input type="checkbox"/>	
	<input type="checkbox"/>	

Sample Instructions

1. **Preparation:** Wash all vegetables. Slice the ham, mushrooms, and carrot into appropriately sized pieces or shreds. Cut the greens into sections and set aside.
2. **Boil the Noodles:**
Pour 1000ml of water into a pot and bring to a boil. Add the 3 noodle blocks and cook until the noodles soften and separate (Note: Do not overcook; about 70-80% done is ideal as they will be stir-fried later). Remove the cooked noodles, drain well, and place them on a plate. You can toss them with a little oil to prevent sticking.
3. **Pan-Fry the Ham:**
Heat a wok or large skillet over medium heat, then add 3 tablespoons of cooking oil. Once the oil is hot, add the ham slices and pan-fry until slightly crispy and fragrant. Remove the fried ham and set it aside.
4. **Stir-Fry the Ingredients:**
Using the remaining oil in the pan from the ham, add the sliced mushrooms. Stir-fry over medium-low heat until they release a rich aroma. Add the carrot shreds and stir-fry evenly until slightly softened. Add the greens and bean sprouts, quickly stir-frying a few times. Pour in about half a cup (approx. 120ml) of water and let it simmer briefly.
5. **Seasoning:**
Add all the seasonings to the wok: pepper, salt, sugar, soy sauce, vegetarian oyster sauce. Stir-fry evenly to combine all ingredients with the seasonings.
6. **Combine and Stir-Fry the Noodles:**
Add the previously boiled and drained noodles to the wok. Use chopsticks and a spatula to quickly toss and stir, ensuring the noodles evenly absorb the sauce and flavours. Add the previously fried ham back into the wok and continue to stir-fry until everything is well combined. Just before finishing, drizzle 1 teaspoon of sesame oil around the edge of the wok. Give it a quick final toss to enhance the aroma.
7. **Serve:**
Transfer the stir-fried noodles to a plate and serve immediately.

All Recipes

