



Seafood noodles

20'
Hands on

25'
Cook Time

4-6
Portion(s)

1
Difficulty



Ingredients

- 4 tablespoon(s) olive oil
- 2 clove(s) of garlic
- 2 spring onions
- 20 g ginger, peeled
- 12 shrimps, jumbo, peeled
- 10 mussels, in shells
- 12-15 dates, dried, pitted
- 50 g soy sauce
- pepper
- 1.500 g water
- 200 g noodles, rice
- 3 radishes, cut into thin slices, to serve
- coriander leaves, to serve

Διατροφικός πίνακας

Nutrition information per portion

287 Calories (kcal)	3.6 Total Fat (g)	0.6 Saturated Fat (g)	44.0 Total Carbs (g)
14%	5%	3%	17%
15.0 Sugars (g)	19.0 Protein (g)	2.6 Fibre (g)	1.8 Sodium (g)
17%	38%	10%	30%

Method

- Heat the olive oil in a **wok** over medium heat.
- Cut the garlic into 1 mm thick slices, and fry them for a few seconds until golden and crispy.
- Remove from the wok and place them onto some absorbent paper towel to drain from the excess oil.
- In the same wok, heat the remaining olive oil at medium heat.
- Finely chop the spring onions and grate the ginger.
- Sauté in the wok for 1 minute, until the spring onions and the ginger soften, then add the shrimps and the mussels.
- Sauté for 1-2 minutes until the shrimps are pink and the shells of the mussels open up. Remove one shell from each mussel.
- Transfer the shrimps and the mussels onto a **plate**.
- Finely chop the dates and add them to the wok.
- In a **pot** over high heat, add the soy sauce, pepper, water, and the bouillon cube.
- Let it come to a boil and add the noodles.
- Let them boil according to the instructions on the package.
- Drain the noodles and keep the stock in the wok, mix, and let it simmer for 20 minutes.
- Serve the noodles into bowls along with the shrimps, the mussels, and the radishes in slices.
- Divide the stock into the bowls, decorate with coriander leaves, and serve.