



pudding Pie

Cookery School

Cookery parties and courses to suit all ages

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Sweet 'N Sour Noodles

serves 4-6

60g sugar

2 tbsp ketchup

2 tbsp dark soy sauce

1/4 tsp salt

115ml water or reserved pineapple juice

60g vinegar

1 small carrot, grated

½ red pepper, thinly sliced

½ courgette, thinly sliced

115g pineapple chunks

1 small tin sweetcorn

500g of your favourite noodles, prepared as per the instructions on packet



To prepare the sauce, in a bowl, combine the sugar, ketchup, dark soy sauce, salt, water or juice and vinegar.



Add the vegetables, noodles and the pineapple and mix in well.