

Spinach and Seaweed work well of ?S? in our Vegetarian Alphabet. Although there are quite a few ingredients in this dish they are all inexpensive and we were comfortably within our £2 per person budget.

Asian style Spinach and Glass Noodles with Jerk Sauce ingredients:-

Spinach
Rice Glass Noodles
1 Onion, finely diced
2 Cloves of Garlic, minced
Chick Peas, soaked
Soy Sauce
Brown Sugar
Olive Oil
Chilli Flakes
Dried Mushrooms, rehydrated
Mange Tout
Baby Sweetcorn
Red Pepper, diced
Jerk Sauce
White Wine Vinegar
Tomato Ketchup
Salt & Pepper

Jerk Sauce Method:-

(1) Lightly fry half of the Onions in a little Oil and then add the Garlic.

(2) Add the Tomato Ketchup and reduce slightly.
(3) Add the Tomato Puree.
(4) Add the Brown Sugar, Chilli Flakes, Soy Sauce and Jerk Sauce.
(5) Taste for seasoning and add Salt & Pepper as required.
(6) Add White Wine Vinegar to thin the consistency.

Asian style Spinach and Glass Noodles method:-

(1) Lightly fry half of the Onions in a little Oil and then add the Garlic.
(2) Season with Salt, Pepper and Soy Sauce.
(3) Add Chilli Flakes.
(4) Add the Mushrooms, Mange Tout, Baby Sweetcorn and Red Pepper.
(5) Toast the Chick Peas for 5 minutes under the grill for 5 minutes with a little Salt and some Chill Flakes.
(6) Boil the Glass Noodles and a minutes.
(7) Stir in the Spinach.
(8) Add a little Soy Sauce.
(9) Drain the Noodles.
(10) Stir in the Noodles.
(11) Combine the Jerk sauce with the noodles etc.

Crackling Spinach and Seaweed ingredients:-

Dried Seaweed
Spinach, deep fried
Oil
Garlic, minced
Cumin Seeds,
Caster Sugar
Chilli Flakes
Salt

Method:-

(1) Toast the Garlic and Cumin Seeds in a little Oil.
(2) Add the Sugar, Salt and Chilli Flakes.
(3) Add the Spinach and Seaweed.
(4) Serve as a side.

As a pair of omnivorous folk it?s not often that we say ?That?s the best meal we?ve had in quite some time? for a Vegetarian dish ? But we bit!