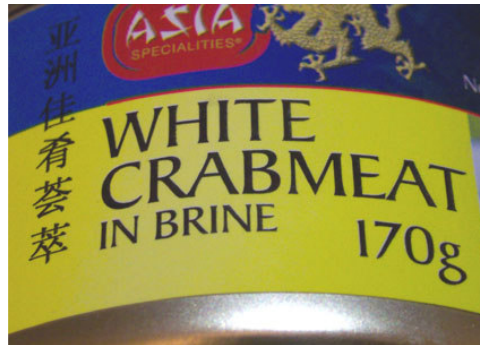


## Crabmeat'n'Noodles



Some Ingredients



Draining Noodles



Enjoy

### Ingredients

1-2 Sprigs	**Curry leaves
1/2	**Green Capsicums
1	**Leek
1/2	**Red Capsicum
2-3 Sprigs	**Spring Onions
2 Tins (as above)s	Crab Meat
Juice of 1/2	Lemon/Lime
	Noodles
1 Tblsp	Oil
	Rice Sticks
	Salt & Pepper to taste

### How

Wash, clean and cut Capsicum, Leek and Spring Onions. Cut the "body" part of the Leek, not the leaves, into approximately 1/2" / 1 1/2 cm thick slices.

Drain the brine from the crab meat and put aside. Use enough Rice Sticks (12 Oz/360 g) for 1 rather large, or 2 small to medium serves and prepare as per instructions on packet and put aside.

Put these \*\*ingredients into a fry pan. except the crab meat and fry gently. When these are lightly fried, 3-5 minutes, add the crab meat. Turn off the heat and add the juice of half Lemon or Lime.

Add some chilli sauce if not "chilli hot" enough for you.

Enjoy while still warm.