**Soifua Maloloina Sapasui**

**Method**

1. Soften noodles in cold water for 15 minutes, or until transparent.
2. Chop capsicum, onion and carrot into small pieces.
3. Heat oil in a large pan over a medium-high heat. Fry the onion, garlic and ginger for 4-5 minutes, or until soft.
4. Add meat and allow it to brown before adding the remaining frozen vegetables.
5. After a further 4-5 minutes the vegetables and meat should be almost cooked. Stir through soy sauce and noodles in pan and cook for 1-2 minutes. Serve.

**Swap it tips:**
- Swap turkey tails (si’u si’u pipi) or mutton flaps (mamoe) for lean meat such as beef stir-fry strips or lamb chops with the fat removed.
- Fresh, frozen or tinned vegetables can be used in this recipe. Using more vegetables will stretch the meal even further.
- Swap regular soy sauce for salt reduced soy sauce – it still tastes great!