

my delicious year

Background

Introducing the My Delicious Year monthly cook-a-long

What is it?

Join in for a once a month cook-a-long. On the first day of each month I will provide you with a recipe and shopping list. The recipe will be affordably priced and of easy to moderate difficulty.

When will it take place?

The cook-a-long will take place on the second Wednesday of each month. An event will be created on the [My Delicious Year](#) Facebook page at the start of each month. Please join the group to stay up to date, and don't forget to invite your friends to join in.

Where will the cook-a-long take place?

The idea is for you to cook the recipe in the comfort of your own home. Cook the selected recipe for your family, friends, neighbours or someone special. Once you are finished cooking, take a moment and capture a photo your meal. Post your picture and comments on the [My Delicious Year](#) Facebook page or share it on instagram using the hashtag **#cookalong** and tag **@mydeliciousyear**.

Why a cook-a-long?

One of the main goals I set when starting out on this blogging adventure was to inspire others to cook. The idea behind the cook-a-long is to encourage you to try a new recipe each month by making it accessible to all and as simple as possible. After the cook-a-long we can then come together as a group to talk about the recipe – like a virtual book club, but for recipes.

The first cook-a-long will take place on Wednesday 10 April.

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Recipe

Curried prawn noodles

ABC delicious. Magazine
(April 2004, p.111)

Serves 2

125g rice vermicelli noodles
10 green prawns, peeled, tails removed, de-veined, halved lengthways
2 tbs mild korma curry paste
2 tbs vegetable oil
2 eggs, lightly beaten
4 spring onions, cut into 3cm lengths
½ cup (125ml) chicken stock
2 tbs soy sauce
½ cup coriander sprigs, to serve
2 lime wedges, to serve

Place noodles in a bowl and soak in hot water for about 10 minutes or until soft. Drain well and set aside. Place prawns in a bowl and add curry paste. Stir until the prawns are well-coated. Set aside.

Place a large frypan or wok over high heat. When hot, add 1 tablespoon of the oil and pour in the eggs. Allow to set for 10 seconds, then push eggs to the centre of the pan, almost making scrambled eggs. When eggs are about 80 per cent cooked, remove from pan and set aside. Wipe down the pan or wok with kitchen paper.

Return the pan to high heat, add the remaining oil and prawns and stir gently for 1-2 minutes, then add the noodles and spring onions and stir for a further 2 minutes. Add the chicken stock and soy sauce and stir-fry 1-2 minutes until heated through. Add egg, toss to combine and remove from heat. Divide between 2 bowls and serve with coriander sprigs and lime wedges.

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Shopping List

Two people
125g rice vermicelli noodles
10 green prawns
2 tbs mild korma curry paste
2 tbs vegetable oil
2 eggs
4 spring onions
125ml chicken stock
soy sauce
1 bunch coriander
1 lime

Four people
250g rice vermicelli noodles
20 green prawns
4 tbs mild korma curry paste
4 tbs vegetable oil
4 eggs
8 spring onions
250ml chicken stock
soy sauce
1 bunch coriander
1 lime