

Glass Noodles (??? ??)



Ingredients

- 250g / 8oz bean sprouts
- 125g / 4oz sweet potato starch noodles
- 2-3 scallions, chopped diagonally
- 1/2 red capsicum, julienned
- 1/2 yellow capsicum, julienned
- 1/2 carrot, julienned
- 1/2 zucchini, julienned
- 3 tbsp soy sauce
- 1 tbsp sugar
- 1 tsp minced garlic
- 1 tsp sesame oil
- 1/2 tsp sesame seeds
- 1/4 tsp pepper

Method

1. Bring a pan of water to boil, then cook the bean sprouts covered for 2 minutes.
2. Remove the bean sprouts and use their water to cook the noodles for 6-7 minutes, then drain and cut to shorter lengths (use scissors and snip randomly at the colander).
3. Mix soy sauce, sugar, garlic, sesame oil and seeds, and pepper together until sugar is dissolved.
4. Add julienned vegetables and noodles to pan with a small amount of the sauce, and stir-fry until slightly wilted.
5. Add the bean sprouts and the rest of the sauce, and toss until well combined.

Notes

Makes 2 servings.

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