

# Quick Bami Goreng

Yield: 6 min  
Total Time: 10 min

Recipe from: <https://www.recipeschoose.com/recipes/bami-goreng-recipe-chinese>

## Ingredients:

- 13 1/8 cups egg noodles or spaghetti noodles
- 2/3 cup diced ham
- 1 leek
- 7 ounces bean sprouts
- 2 garlic cloves
- 5 1/16 tablespoons soy sauce
- 3 3/8 tablespoons mirin rice wine
- 1 tablespoon sambal to taste
- sunflower oil
- neutral oil
- 1/2 spice mix a recipe for bami goreng, or use store-bought seasoning

## Nutrition:

1. Calories: 460 calories
2. Carbohydrate: 66 grams
3. Cholesterol: 85 milligrams
4. Fat: 12 grams
5. Fiber: 3 grams
6. Protein: 17 grams
7. SaturatedFat: 2 grams
8. Sodium: 1190 milligrams
9. Sugar: 3 grams

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