

Cantonese-Style Pan-Fried Noodles

Yield: 5 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/cantonese-noodles-recipe-indian-style>

Ingredients:

- 12 ounces egg noodles Hong Kong style
- 8 scallions
- 2 teaspoons oyster sauce
- 1/4 cup low sodium soy sauce
- 2 teaspoons sugar
- 2 teaspoons minced garlic
- 3/4 teaspoon red pepper flakes
- 1/2 teaspoon salt
- 2 tablespoons toasted sesame oil
- 2 tablespoons oil high heat, such as canola, vegetable
- 1 1/2 cups veggies mixed, such as coleslaw style cabbage, shredded carrots, and bean sprouts

Nutrition:

1. Calories: 390 calories
2. Carbohydrate: 55 grams
3. Cholesterol: 55 milligrams
4. Fat: 14 grams
5. Fiber: 3 grams
6. Protein: 11 grams
7. SaturatedFat: 2 grams
8. Sodium: 750 milligrams
9. Sugar: 4 grams

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