

# Stir-Fried Cellophane Noodles

Yield: 5 min  
Total Time: 50 min

Recipe from: <https://www.recipeschoose.com/recipes/cellophane-noodles-recipe-vietnamese>

## Ingredients:

- 4 cups low sodium vegetable stock
- 8 ounces cellophane noodles bean thread noodles
- 2 tablespoons vegetable oil
- 2 tablespoons minced garlic
- 1 cup yellow onion sliced
- 2 cups broccoli chopped, cut to a similar size as the other vegetables
- 4 cups shredded cabbage
- 2 teaspoons fine sea salt divided
- 2 large carrots with their green tops, peeled and cut into matchsticks, remove tops and reserve
- 1 red bell pepper large, sliced
- 2 stalks celery chopped
- 1/2 teaspoon freshly ground black pepper
- 1 teaspoon granulated sugar
- 3 green onions scallions, cut into 1-inch, 2.5 cm pieces
- 1/4 cup soy sauce
- 3 tablespoons lemon juice freshly squeezed, plus lemon wedges for serving
- carrot tops Garnish: Washed, chopped, optional
- chili paste such as sambal oelek

## Nutrition:

1. Calories: 290 calories
2. Carbohydrate: 57 grams
3. Fat: 5 grams
4. Fiber: 5 grams
5. Protein: 4 grams
6. Sodium: 1720 milligrams
7. Sugar: 8 grams

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