

# Mie Goreng - Indonesian Fried Noodles

Yield: 6 min  
Total Time: 35 min

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

## Ingredients:

- 9 ounces ramen noodles without flavor packets
- 1 tablespoon vegetable oil
- 1 pound skinless boneless chicken breast halves cut into strips
- 1 teaspoon olive oil
- 1 teaspoon garlic salt
- 1 pinch ground black pepper or to taste
- 1 tablespoon vegetable oil
- 1/2 cup shallots chopped
- 5 cloves garlic chopped
- 1 cup shredded cabbage
- 1 cup shredded carrots
- 1 cup broccoli florets
- 1 cup fresh mushrooms sliced
- 1/4 cup soy sauce
- 1/4 cup sweet soy sauce Indonesian kecap manis
- 1/4 cup oyster sauce
- salt
- pepper

## Nutrition:

1. Calories: 380 calories
2. Carbohydrate: 38 grams
3. Cholesterol: 50 milligrams
4. Fat: 14 grams
5. Fiber: 3 grams
6. Protein: 24 grams
7. SaturatedFat: 4.5 grams

8. Sodium: 2700 milligrams
  9. Sugar: 3 grams
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