

Indo Chinese Chilli Garlic Noodles

Yield: 4 min
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-vegetable-egg-noodles-recipe>

Ingredients:

- 6 ounces mein or thin soba or other wheat-based noodles or thin spaghetti
- 1 teaspoon soy sauce or use tamari for Glutenfree
- 1 teaspoon sesame oil
- 2 teaspoons oil
- 6 cloves garlic finely chopped
- 2 red chillies dried, Indian chilies or cayenne, or use california red for mild heat
- 1/2 teaspoon pepper flakes use less for less heat
- 1/2 cup julienned carrots
- 2 tablespoons soy sauce tamari for Glutenfree
- 1 tablespoon sambal oelek or other red Asian chili sauce
- 2 teaspoons rice vinegar
- 1 teaspoon molasses
- 1 cup green cabbage thinly sliced
- 1 cup bell pepper thinly sliced red or green or both
- 2 tablespoons green onion whites of, reserve the greens for garnish, optional
- 1 tablespoon green chili
- 2 teaspoons chili sauce
- green onion optional
- black pepper optional
- cilantro optional
- mein
- soba
- wheat
- noodles
- cooked noodles
- sesame oil
- julienned carrots are added to the seasoned oil for some color and crunch
- stir fry sauce
- soy sauce
- sambal oelek
- chili sauce

- rice vinegar
- molasses
- veggies
- green cabbage
- bell pepper
- green onions
- green chili
- green onion optional
- cilantro optional

Nutrition:

1. Calories: 470 calories
2. Carbohydrate: 61 grams
3. Cholesterol: 10 milligrams
4. Fat: 23 grams
5. Fiber: 8 grams
6. Protein: 9 grams
7. SaturatedFat: 3 grams
8. Sodium: 1170 milligrams
9. Sugar: 12 grams

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