

Chinese-style Spaghetti Salad (????)

Yield: 4 min
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-spaghetti-salad-recipe>

Ingredients:

- 5 1/4 ounces spaghetti about 375g/13oz cooked
- 2 slices ham
- 1/4 red bell pepper
- 1/2 courgette medium
- 2 eggs + 2 teaspoons water
- 1 teaspoon toasted sesame seeds
- 2 chilli fresh, finely chopped, optional
- 2 tablespoons water thinned pure Chinese sesame paste, see note 1
- 1 1/2 tablespoons black rice vinegar
- 2 teaspoons chinese chilli oil or to taste
- 1 teaspoon light soy sauce
- 1/2 teaspoon sesame oil
- 1 pinch salt
- 1 pinch sugar
- 2 cloves garlic crushed

Nutrition:

1. Calories: 240 calories
2. Carbohydrate: 31 grams
3. Cholesterol: 115 milligrams
4. Fat: 8 grams
5. Fiber: 2 grams
6. Protein: 11 grams
7. SaturatedFat: 1.5 grams
8. Sodium: 370 milligrams
9. Sugar: 3 grams

Thank you for visiting our website. Hope you enjoy Chinese-style Spaghetti Salad (???) above. You can see more 17 chinese spaghetti salad recipe Taste the magic today! to get more great cooking ideas.