

Simple Glass Noodle Stir Fry

Yield: 4 min
Total Time: 20 min

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

Ingredients:

- 3/4 cup glass noodles About 3.5 oz, Cellophane noodles or bean thread noodles, See details in note.
- 7 ounces chicken breast About 7 oz, Boneless skinless chicken thigh or breast
- 2 eggs Whisked and season with a pinch of salt
- 1 3/8 cups cabbage About 3.5 oz, Cut thin slices
- 1 carrot Cut matchstick sizes
- 1/2 onion Cut thin slices
- 2 cloves garlic Finely chopped
- 1 chilli pepper Or bell pepper, cut thin slices
- 3 tablespoons vegetable oil Or neutral flavour oil
- 3 tablespoons light soy sauce Or regular all-purpose soy sauce
- 1 1/2 teaspoons dark soy sauce
- 2 tablespoons oyster sauce
- 1 teaspoon sesame oil
- 1 tablespoon sugar

Nutrition:

1. Calories: 330 calories
2. Carbohydrate: 31 grams
3. Cholesterol: 140 milligrams
4. Fat: 15 grams
5. Fiber: 2 grams
6. Protein: 15 grams
7. SaturatedFat: 2 grams
8. Sodium: 1140 milligrams
9. Sugar: 5 grams

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