

15-Minute Lazy Noodles

Yield: 5 min
Total Time: 15 min

Recipe from: <https://www.recipeschoose.com/recipes/japanese-wheat-noodles-recipe>

Ingredients:

- 12 ounces wheat noodles dried, almost any noodle will do—even spaghetti
- 2 tablespoons vegetable oil
- 1 pound ground beef pork, chicken, or turkey
- 1 onion thinly sliced
- 2 cloves garlic sliced
- 2 handfuls baby spinach
- salt
- pepper
- 3 tablespoons soy sauce
- 1 tablespoon dark soy sauce
- 2 teaspoons sesame oil
- 1 teaspoon honey
- 2 teaspoons chili oil optional

Nutrition:

1. Calories: 570 calories
2. Carbohydrate: 54 grams
3. Cholesterol: 120 milligrams
4. Fat: 25 grams
5. Fiber: 3 grams
6. Protein: 28 grams
7. SaturatedFat: 7 grams
8. Sodium: 960 milligrams
9. Sugar: 4 grams
10. TransFat: 1 grams

Thank you for visiting our website. Hope you enjoy 15-Minute Lazy Noodles above. You can see more 19 japanese wheat noodles recipe They're simply irresistible! to get more great cooking ideas.