

Shirataki Yakisoba

Yield: 2 min
Total Time: 25 min

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

Ingredients:

- 2 packages shirataki noodles about 330g each, Ito Konnyaku, strained
- 1/3 pound pork thinly sliced
- 1 small onion
- 1/2 small carrot
- 2 green pepper Japanese, or 1/4 green bell pepper
- 2 cups cabbage cut into 2" squares
- 2 cups bean sprouts
- 1 tablespoon oil
- 5 tablespoons tonkatsu sauce
- 1/2 tablespoon soy sauce or use Tamari Soy Sauce for gluten free
- 1/2 tablespoon mirin
- salt
- pepper
- aonori

Nutrition:

1. Calories: 1130 calories
2. Carbohydrate: 227 grams
3. Cholesterol: 50 milligrams
4. Fat: 14 grams
5. Fiber: 9 grams
6. Protein: 21 grams
7. SaturatedFat: 2.5 grams
8. Sodium: 1340 milligrams
9. Sugar: 14 grams

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