

Instant Chili Garlic Ramen Noodles, the Indian Way

Yield: 8 min
Total Time: 15 min

Recipe from: <https://www.recipeschoose.com/recipes/vegetarian-noodles-ramen-indian-style-recipe>

Ingredients:

- 280 grams ramen noodles I use brown rice ramen noodles but you can use any ramen noodles that are vegan
- 1 teaspoon vegetable oil
- 1 teaspoon black mustard seeds
- 2 teaspoons garlic paste or 6-7 cloves garlic, crushed with the flat side of the knife and then thinly sliced
- 2 jalapeno peppers minced. Use less or more based on your heat preference. Deseed for less heat.
- 2 large tomatoes finely chopped
- 2 teaspoons Garam Masala or use Maggi Masala Magic spice blend if you can find that. In the U.S. you can buy it online
- 2 teaspoons vinegar
- salt to taste
- 2 tablespoons chopped cilantro or scallions, for garnish, optional
- 8 ounces edamame beans shelled
- 1 medium zucchini finely chopped
- 1 green bell pepper finely chopped
- 1 medium onion finely chopped
- 1 cup green peas
- soy sauce or tamari

Nutrition:

1. Calories: 230 calories
2. Carbohydrate: 32 grams
3. Fat: 8 grams
4. Fiber: 5 grams
5. Protein: 8 grams
6. SaturatedFat: 3 grams

7. Sodium: 940 milligrams

8. Sugar: 5 grams

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