

Quick vegetable noodles



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Preparation Time: 10 minutes

Cooking Time: 10 to 12 minutes

Ingredients:

Cooking oil - 3 tbsp
Noodles - 4 blocks (you can choose the noodles of your choice)
Kailan - 200 g, washed and cut as desired
Spring Onion - 300 g, chopped
Egg White of 2 eggs
Garlic - 4 tsp, finely chopped
Vegetable stock - 2 cups
Salt - to taste

For the sauce:

Mix all the ingredients below in a bowl.

Dark Soya Sauce - 1.5 to 2 tbsp
Rice Wine - 2 tsp
Sesame oil - 2 to 3 tsp
Chili sauce - 2 tbsp

Step 1: Heat 1 tbsp oil in a pan. Add 2 tsp of the minced garlic and stir for 10 seconds. Add the kailan and mix well with the oil and garlic. Cook for 1 to 2 mins until the leaves are soft. Transfer to a dish and keep aside.

Step 2: Heat the rest of the oil in the pan. Add the minced garlic and spring onion. Mix well for around 30 seconds. Add the vegetable stock followed by adding the noodle blocks. Once the noodles are a little soft, add the sauce mixture. Cook for another 1 to 2 minutes until the noodles have absorbed only a part of the sauce mixture.

Step 3: Now add the egg whites. Mix well and check for salt. Transfer to a serving dish. Add the cooked kailan on top so that it covers the noodles.

Step 4: Serve hot as a standalone dish or with delectable sides of your choice.