

Recipe

Stir Fry Noodles

By

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Ingredients

6-8 oz whole wheat spaghetti
2 cups bean sprouts
½ cup sliced carrot
2 cups chopped Chinese cabbage or regular cabbage
½ cup sliced celery
½ cup sliced spicy tofu (optional)
2-3 tbsp oil
1 tsp Chinese chili sauce (optional)
1 tbsp soy sauce
1 tsp salt
1 tbsp cilantro leaves

Preparation

Cook spaghetti according to the package instruction.
Heat oil in a pan and cook carrots, celery, and cabbage for 5 to 7 minutes.
Add noodles in the pan and cook for another 2 minutes (if it is too dry, add some water).
Add bean sprout and chili the last and cook for 1 minute.
Sprinkle some cilantro leaves.

*You may cook the noodles with any vegetables you like.

Serves

Serves 4

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Hare Rama Hare Rama Rama Rama Hare Hare**