



GARLIC NOODLES

These sweet, salty, and rich Garlic Noodles are an absolutely addictive dish that you'll want to make again and again. Serve them as the bed for glazed meat, like my Sticky Soy Ginger Glazed Chicken, or simple stir fried vegetables.

🕒 10 minutes

🕒 25 minutes

🍴 4 portions

INGREDIENTS

- 228g angel hair pasta
- 4 cloves of garlic, raw [12 g]
- 4 stalks of onions, young green, tops only [48 g]
- 3 tbsps of butter, salted [43 g]
- 2 tbsps of soy sauce made from soy (tamari) [36 g]
- 1 tbsp of sugars, brown [18 g]
- 2 tbsps of sauce, oyster, ready-to-serve [36 g]

COOKING METHOD

- 1° Add the oyster sauce, brown sugar, soy sauce and sesame oil to a bowl and stir until combined.
- 2° Bring a large pot of water to a boil and cook the noodles according to the package directions [boil for 7-10 minutes]. Drain the cooked noodles in a colander, then set aside.
- 3° While the pasta cooks, mince the garlic and slice the green onions. Melt the butter in a large skillet over medium-low heat. Once the butter is melted and bubbly, add the garlic and onions (save a few for garnish) and sauté until they are soft and fragrant [1-2 minutes].
- 4° Remove the skillet from the heat. Add the drained pasta and oyster sauce mixture to the skillet, and stir well to coat the pasta. If your pasta is stiff or sticky making it hard to stir, sprinkle a small amount of hot water over the pasta to loosen it up. Garnish the pasta with any reserved sliced green onions, then serve.
- 5° Remove the skillet from the heat. Add the drained pasta and oyster sauce mixture to the skillet, and stir well to coat the pasta. If your pasta is stiff or sticky making it hard to stir, sprinkle a small amount of hot water over the pasta to loosen it up. Garnish the pasta with any reserved sliced green onions, then serve.

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (105 g)	% DRI
ENERGY	307 kcal	323 kcal	16 %
FAT	9 g	10 g	15 %
FATTY ACIDS, TOTAL SATURATED	5 g	6 g	28 %
CHOLESTEROL	22 mg	23 mg	8 %
SODIUM	783 mg	824 mg	34 %
CARBOHYDRATE	48 g	50 g	17 %
SUGARS	6 g	7 g	—
FIBER	2 g	2 g	9 %
PROTEIN	8 g	9 g	—