



Burnt Garlic Noodles (OP W)

Serving: 1

Veg

Ingredients

- -Whole wheat/gluten free/quinoa noodles- 30 grams(2 tbsp)
- -Garlic-4-5 cloves
- -Dry red chilli- 1 broken
- -Onion (sliced) - 2 tbsp
- -Spring onion (sliced) - 2 tbsp
- -Carrot (julienne) -2 tbsp
- -Capsicum (sliced)- 2 tbsp
- **-Button mushroom (optional) (chopped) : 2 tbsp**
- **-Broccoli (chopped) : 2 tbsp**
- -Cabbage (shredded) 2 tbsp
- -Light soy sauce- 1 teaspoon
- -Vinegar $\frac{1}{2}$ teaspoon
- -Oil $\frac{1}{2}$ teaspoon
- -Salt to taste

Preparation Method

- -Boil 1 cup of water in a sauce pan, add some salt.
- -Once it boils again, add the noodles and cook till done.
- - Drain in a colander and set aside.
- -Add chopped garlic cloves in a pan and add oil.
- -Once the cloves turn brown and aroma comes turn the heat off.
- -Use this for cooking the noodles.
- -Heat oil in a wok and cook noodles and vegetables on high heat.
- -Add dry red chilli and saute for 30 seconds.
- -Add in onions, saute for a minute.
- -Then add burnt garlic and salt .
- -Add soya sauce and vinegar and mix well.
- -Toss this on high heat till everything is mixed well and later add spring onions and saute for few minutes.
- -Garnish with few spring onions and serve hot.