



FRIED NOODLES

INGREDIENTS

- 10 cups water
- 1 pound egg noodles
- 1 tbsp olive oil
(or vegetable oil, divided)
- 3 cups bean sprouts
- 1 cup bamboo shoots
(julienned sliced thinly in strips)
- ½ cup carrots (shredded)
- ½ cup shiitake mushrooms
(dried, soaked, stems removed
and julienned)
- 2 green onions (julienned)
- ½ tsp salt
- 1 tsp sugar
- 1 tbsp soy sauce

PREPARATION

1. In a large pot on high heat, bring 10 cups of water to boil. Cook noodles in boiling water until tender or “al-dente,” approximately 5 to 7 minutes, drain and set aside.
2. Heat a non-stick wok or pan over high heat. Add ½ tbsp oil, swirling to coat the pan, add noodles and pan-fry until noodles are golden, about 7 to 10 minutes. Remove noodles from wok.
3. Add remaining ½ tbsp oil to wok, add vegetables and stir-fry until just cooked, about 5 to 7 minutes.
4. Return noodles to the wok, add salt, sugar and soy sauce.
5. Stir to combine and serve.



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