DietCloud – Recipe

Recipe Name: Quick Vegetable Noodles Recipe
Diet Type: Vegetarian
Course: Dinner
Cuisine: Italian Recipes
Quantity:



Ingredients

Ingredient	Quantity
• 250 grams Pasta - egg noodles	2
• 6 cloves Garlic	
• 1 teaspoon Ginger - grated	
• 1 tablespoon Mixed Herbs (Dried) - (oregano	
• 1 Onion - chopped roughly	
• 1 Tomato - chopped roughly	
• 1 Carrot (Gajjar) - thinly sliced	
• 5 Green beans (French Beans) - thinly sliced	
• 1 Green Bell Pepper (Capsicum) - thinly sliced	
• 200 grams Rajma (Large Kidney Beans)	
• 1 tablespoon Extra Virgin Olive Oil	
• 1 tablespoon Butter	
• 1 teaspoon Black pepper powder	
• 1/2 teaspoon Red Chilli flakes - or red chili powder	
• Salt - to taste	
• Coriander (Dhania) Leaves - A handful	

Preparation

• To begin with the Quick Vegetable Noodles Recipe,Keep the chopped vegetables ready aside.

• Heat oil and butter in a wok.

• Add in chopped onion and fry for 3-4 minutes till it gets light brown in colour.
• Now add in all the vegetables and beans along with all the spices and 2-3 tablespoons of water.
• Mix well, and cook this covered, for like 8-10 minutes on medium flame.
• Add in the herbs, check seasoning and add the egg noodles to the wok.

- Gently fold it and cover the lid again, simmer the quick vegetable pasta for one more minute and turn off.
- Your Quick Vegetable Noodles is ready to be served.
- Transfer it to a serving plate and garnish it with cilantro.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)