DietCloud – Recipe

Recipe Name: Noodle Sizzler With Garlic Pepper Sauce And Baked Vegetables Recipe

Diet Type: Vegetarian

Course: Dinner

Cuisine: Asian

Quantity:



Ingredients

Ingredient	Quantity
• 2 cups Hakka Noodles - cooked • 1 tablespoon Extra Virgin Olive Oil • 1/2 cup Cabbage (Patta Gobi/ Muttaikose) - shredded • 3 cloves Garlic - finely chopped • 1 teaspoon Ginger - grated • 2 tablespoons Soy sauce • 2 tablespoons Red Chilli sauce • 1 teaspoon Black pepper powder • Salt - to taste • 1 tablespoon Extra Virgin Olive Oil • 8 cloves Garlic - finely chopped • 1 Red Bell pepper (Capsicum) - fire roasted • 2 Fresh Red chillies - fire roasted • 1 Onion - finely chopped • Salt - as required • 1 cup Mixed vegetables - chopped and blanched (cauliflower • 1 Green Bell Pepper (Capsicum) - diced • 5 Button mushrooms - quartered • 1 tablespoon Sunflower Oil • Salt - to taste • 1 teaspoon Black pepper powder	2

Preparation

• To begin making the Noodle Sizzler With Garlic Pepper Sauce And Baked Vegetables, we will first make the noodles.
• Heat oil in a wok or a heavy bottomed pan.
• Add garlic, ginger, cabbage and saute.

- Cook on high heat for 1-2 minutes till the cabbage softens.
- Add soya sauce, red chilli sauce, pepper powder, salt and stir.
- Add the noodles and toss to mix evenly.
- The next step is to make the garlic pepper sauce.
- Remove the burnt skin from the capsicum and pepper.
- Deseed and roughly chop them.
- Heat oil in a heavy bottomed pan.
- Add garlic, onion and saute for a few seconds.
- Add the chopped capsicum, peppers and salt.
- Cool and blend to a smooth paste.
- Add water if required to get a pouring consistency sauce.
- Now, we will make the baked vegetables.
- Preheat the oven to 180 degree C.
- Toss all the ingredients under baked vegetables, in an oven proof dish and bake till the vegetables are just soft.
- The final step is to assemble the sizzler.
- Heat one large or two small sizzler plates till it becomes red hot.
- Ensure that the noodles and vegetables are hot too.
- Place the hot plate on the wooden base.
- Place 1-2 cabbage leaves on the hot sizzler plate.
- Place some noodles on one half of the plate and baked vegetables on the other.
- Pour the sauce over the noodles and vegetables.
- Serve immediately, sizzling hot.

Macronutrients

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