

Recipe Name: Spicy Chilli Garlic Noodles Recipe

Diet Type:

Course: Dinner

Cuisine: Asian

Quantity:



Ingredients

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Quantity

- 500 grams Hakka Noodles
- Water - as required
- 1/2 teaspoon Salt
- 1 tablespoon Sunflower Oil
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- 1 Onion - thinly sliced
- 1 Green Bell Pepper (Capsicum) - thinly sliced
- 15 cloves Garlic - crushed
- 1 teaspoon Soy sauce
- 1 tablespoon Red Chilli sauce
- 1/2 teaspoon White vinegar
- 1 tablespoon Tomato Ketchup
- 3 Dry Red Chillies - crushed (chilli flakes)
- Salt - as required
- 1/2 teaspoon Black pepper powder

Preparation

- To begin making the Spicy Chilli Garlic Noodles recipe, first cook the noodles as per the instructions on the packet, with enough water, salt and oil.
- Put a pot of water with oil and salt, on the heat and bring it to a rolling boil.
- When it boils, turn the.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
550	25	60	20	4	8