

Recipe Name: Sesame Noodles Recipe With Napa Cabbage

Diet Type:

Course: Dinner

Cuisine: Asian

Quantity: 1 bowl



Ingredients

Ingredient	Quantity
• 120 grams Napa Cabbage - chopped	4
• 100 grams Carrot (Gajjar) - peeled and cut into thin stripes	
• 150 grams Hakka Noodles	
• 2 tablespoons Sesame seeds (Til seeds) - roasted	
• 1 teaspoon Soy sauce	
• 1/2 teaspoon Vinegar	
• 2 teaspoon Ginger - julienned	
• 4 cloves Garlic - finely chopped	
• 1 Onion - chopped	
• 3 teaspoon Sunflower Oil	
• Salt - to taste	

Preparation

- To begin making the Sesame Noodles Recipe With Napa Cabbage, firstly wash the vegetables and measure the ingredients.
- Heat a saucepan full of water, once it reaches the boiling point, add the noodles, salt and cook for 5 minutes and cook until done.
- Once cooked drain out the water and cool it to dry.
- Heat a heavy bottomed pan with oil, add ginger, garlic and carrot.
- Saute for about 2 to 3 minutes on medium heat.
- Once it is done, add the onions and cook till the onions become soft.
- After a minute, add in the soy sauce, vinegar, salt, sesame seeds, noodles and cook it for about a minute.



Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
350	10	50	15	4	6

