

Stir Fry Glass Noodles

Other day I was browsing a local Korean grocery store and bought a package of Korean glass noodles, so I decided to make it with the ingredients that I had handy in my fridge.

Since I am very familiar with the Chinese glass noodles which usually are thinner, I just thought that I could adapt it and cook these one in a similar way.

You can substitute the Chinese sausage to any other kind of meat or even omit the meat.

When I served it to my husband he had a funny comment "whatever it is...is good"...so here is how I made the noodles.

Ingredients:

Glass noodles

Chinese chicken/pork sausage

1 onion sliced

2 carrots grated

$\frac{1}{2}$ bunch of bok choy

2 tablespoon olive oil

1 tablespoon soy sauce

Sal and pepper to taste

$\frac{1}{2}$ tablespoon sesame oil





Method:

In a small pan boil water and add the glass noodles, cook until the noodles are soft.

Drain the water and set aside.

In the meantime, sautee the onion with 1 tablespoon olive oil, until slightly brown, add the sausage.

Remove from the pan, in the same pan add the remaining olive oil and sautee the bok choy and the grated carrot. Once it is cooked, add the sausage mix and the glass noodles, add soy sauce, salt and pepper. Once it is all well mixed add the sesame oil.

Serve warm.





Did you know that glass noodles are transparent noodles made from mung bean, yam, sweet potato or yuca starch? Usually are sold dry and need to be boiled in water in order to eat..

Thank you for stopping by Simple Recipes and have a great week!