

Leek-Onion Noodle Cups

Recipe By *Sina Mizrahi*



Cooking and Prep:  1 h

Serves:  6

Contains:   

Preference: Parve

Difficulty: Easy

Occasion: Shabbat

Diet: Vegetarian, Pescetarian

Source: Manischewitz

Ingredients (12)

Main ingredients

- cooking spray
- 1 (12-ounce) bag [Manischewitz Whole Grain Noodles](#)
- 5 tablespoons olive oil
- 2 onions, thinly sliced
- 2 leeks, white parts only, thinly sliced in half moons
- 4 cloves garlic, minced

- 1 tablespoon **Manischewitz Honey**
 - 1/2 cup **Gefen Almond Milk**
 - 4 eggs, beaten
 - 1 teaspoon sea salt
 - 1/4 teaspoon pepper
 - chopped parsley, for garnish
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Start Cooking

Prepare the Noodle Cups

1. Preheat oven to 425°F and generously spray a standard muffin pan with cooking spray.
2. Prepare the noodles according to package direction, boiling for about five minutes.
3. In a wide skillet over medium heat, heat the olive oil and add the onions and leeks. Stir to coat the onions in oil and let cook until nicely caramelized, about 20-25 minutes. Stir the mixture every five minutes or so.
4. In a medium bowl, combine the noodles, onions, garlic, honey, almond milk, eggs, salt and pepper. With your hands, mix everything really well.
5. Spoon the mixture into a half cup measuring cup, pressing down to pack as many noodles as you can and pour into each muffin pan cavity.
6. Bake in the middle rack for 20-25 minutes. Remove from the oven and let it cool for five minutes before releasing each noodle cup from the pan. Serve hot topped with some fresh parsley.