

Chinese Noodles

Recipe By *Brynie Greisman*



Cooking and Prep:  30
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Serves:  12

Contains:  

Preference: Parve

Difficulty: Easy

Diet: Vegetarian, Pescetarian

Source: Family Table by

Mishpacha Magazine

Cuisines: Asian

This pasta dish gets rave reviews every time I serve it. Because it uses a few pots, and does take some time, I don't make it unless there is an occasion. But when my family just gets a whiff that I'm making it, they literally come running! I never have leftovers! I've made it for sheva brachot, too.

Ingredients (10)

Main ingredients

- 2-3 celery stalks, sliced
- 2 each red and green peppers, thinly sliced
- 2 onions, thinly sliced
- 1 can mushrooms or 1/2 box fresh mushrooms sliced (you can use the frozen sliced mushrooms too)
- 1 bag (14 oz / 400 gram) medium noodles, cooked and drained

Sauce

- scant 1/2 cup **Gefen Soy Sauce** (low-sodium is fine)
 - 2 teaspoons sugar (I prefer light brown, but white is okay)
 - 1 cup water
 - 3 level tablespoons onion soup mix
 - 8 cloves garlic, crushed (you can use 8 cubes **Gefen Frozen Crushed Garlic**)
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Start Cooking

Prepare the Noodles

1. Sauté the veggies in approximately two to three tablespoons oil for 15 minutes, or until tender-crisp. They should not be too soft.
2. Gently mix sautéed veggies with the noodles.

Note: This dish can be frozen very successfully. If you want to freeze it, take care to sauté the veggies for less time, as they will soften when defrosted. You might want to heat it up covered, and uncover the last few minutes, so any unwanted liquid will evaporate. Also, if you are afraid it might be too spicy for your family's taste buds, put in less garlic and soy sauce. Just remember this is supposed to be a very seasoned dish.

Tip: Stir the pasta frequently while cooking to prevent pasta from clumping together and sticking to the bottom of the pot. This also ensures even cooking. It is not necessary to add oil to the cooking water. Oil only coats the pasta, which keeps the sauce from clinging properly. This is true for all types of pasta.

Variation: If you want to cut down on the oil, sauté the veggies with oil spray and halfway through sautéing, add the water from the canned mushrooms for liquid, so they don't stick to the pan, but they do get cooked somewhat.

Prepare the Sauce

1. Cook together the sauce ingredients until they are completely blended.
2. Mix the sauce together with the noodle mixture and serve.