

COMPLIANT CHOW MEIN WITH KONJAC NOODLES

This recipe is oil free and uses versatile konjac noodles in place of regular egg noodles making this a low-calorie meal.

Ingredients: Makes 2 big servings

* Up to ¾ cup low sodium soup stock for ‘frying’
* ½ a medium onion, sliced
* ¼ small head of cabbage, finely sliced
* 1 large handful of bean sprouts
* 2-3 shitake mushrooms, sliced
* A little grated carrot for color (optional)
* 1 Tbs. lite tamari (optional)
* Konjac noodles, traditional style, rinsed well
* 1 green onion sliced
* 1 tsp. raw sesame seeds (optional)

Method:

1. Heat a wok or large skillet on medium high.
2. Add onion and ¼ cup soup stock and fast fry for 1 minute.
3. Add cabbage, bean sprouts, and mushrooms and more liquid as needed and fast fry for 5 minutes until vegetables are soft.
4. Add carrot and tamari (if using) and mix through.

Okay….at this point remove half the vegetables to a glass storage container if you are not eating both servings now.

Finishing:

1. Add the rinsed noodles to the vegetable mixture and heat through stirring and adding liquid if needed.
2. Once heated through, serve in a bowl topped with sliced green onion and sesame seeds if using.

Note: You can heat through refrigerated leftovers and noodles in the microwave for about 2 minutes and top with the fresh green onion and seeds if using.