

ASIAN-STYLE GARLIC GLASS NOODLES

4-5 Servings

INGREDIENTS

4 (2 oz.) Bundles of Bean Thread Vermicelli or Mung bean noodles (any brand)

2 Tbsp Finely chopped garlic

2 Tbsp Sugar

1 Tsp Ground black pepper

2 Tbsp Oyster sauce (any brand)

2 Tsp Chicken bouillon (Better Than Bouillon Roasted Chicken Base recommended)

1 Tsp Sesame oil (Kadoya Pure Sesame Oil recommended)

1 Tbsp Fish Sauce (Viet Hu'o'ng Three Crabs Brand only)

2 Tbsp Fresh squeezed lime juice

2-3 Tbsp Neutral flavored oil (I use refined coconut oil.)

DIRECTIONS

Prepare the garlic

Peel and finely chop ~2 Tbsp of garlic (or a little more!) and set aside.

Try to prepare garlic first to allow it to sit for a minimum 10-15 minutes to optimize the health benefits. The act of breaking the clove triggers a reaction that increases the healthy compounds and limits the damage from heat.

Soak the bean thread

Soak 4 (2 oz.) bundles of bean thread noodles in tepid water. Be sure all the noodles are submerged.

Mix together seasoning

In a small bowl, mix together the sugar, oyster sauce, black pepper, chicken stock, fish sauce, lime juice, and sesame oil. Set aside.

Drain the noodles

Drain the noodles and place by the stove.

Time to cook

Heat the oil in a large wok-like pot on medium. Once the oil is heated, fry the garlic until cooked but not brown. (Approx. 3-4 minutes)

Add the drained noodles just before the garlic begins to brown and toss with the garlic using spatulas. (You may need to turn down the stove at this point.) Add the sauce by pouring over a wide area not just in one spot.

Continue to toss and mix in the seasoning thoroughly. The noodles will cook quickly so the dish is ready when all the ingredients are mixed well and tossed completely!

Enjoy!