

Spicy Noodle Stir-Fry

A delicious stir-fry dish combining noodles with a blend of aromatic spices for a flavorful kick.


20 min

Total time

Easy

Difficulty

400

kcal / serving

Ingredients

- 1 portion of noodles
- 1 tbsp soy sauce
- 1 tsp sesame oil
- 1/2 tsp chili flakes
- 1/4 tsp garlic powder
- 1/4 tsp ginger powder
- 1/4 cup mixed vegetables (bell peppers, carrots, broccoli)
- 1/4 cup protein of choice (tofu, chicken, shrimp)

Steps

- 1 Cook noodles according to package instructions.
- 2 In a pan, heat sesame oil and sauté mixed vegetables until slightly tender.
- 3 Add protein of choice and cook until done.
- 4 Toss in cooked noodles, soy sauce, chili flakes, garlic powder, and ginger powder.
- 5 Stir well to combine and cook for another 2-3 minutes.
- 6 Serve hot and enjoy!