

Recipe

Fried Noodles II

By

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Ingredients

Noodles

- 8 oz whole wheat spaghetti
- 1 cup chopped broccolis
- 1 cup chopped celery sticks
- ½ cup shredded carrots

3 cups chopped Chinese baby boy choi or any green leaf vegetables
2 tbsp oil
1 ½ tsp salt
2 tbsp Chinese chili sauce
2 tbsp soy sauce
16 soy mean balls*

Soy Meat Balls*

1 cup soy meat (soaked in ¼ cup water and ¼ cup soy sauce for at least an hour)
3 tsp egg replacer (mixed with 4 tbsp warm water)
2 tbsp flaxseed meal
½ tsp finely chopped ginger
¼ cup flour
2 tbsp oil

Preparation

To make the soy meat balls, mix all ingredients, except flaxseed meal and oil. Make 16 small balls. Roll the balls in flaxseed meal. Heat the pan with oil. Panfry the balls until they are golden brown. Meanwhile cook the pasta in the pot according to the package. Drain pasta. Heat a skillet with oil, cook carrots and celery for 5 minutes. Add broccolis and boy choi and cook for another 3 to 4 minutes. Add noodles and seasoning and cook for 2 minutes. Before serving, mix the soy meat balls with noodles.

Serves

4

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Hare Rama Hare Rama Rama Rama Hare Hare**