

Minty Sesame Flavored Noodles

by Anand Lila devi dasi

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*"Eating prasadam
is a nice process
of purification."*

Ingredients	Wheat Noodles.....	350 gm	Dressing ingredients:	Mint leaves.....	2 dozen
	Oil.....	2 Tbsp		Tahini (sesame paste)...	1 Tbsp
	Asafetida Powder.....	¼ Tsp		Lemon juice.....	1 Tbsp
	Green Chili Chopped.....	1		Honey.....	1 Tsp
	Ginger Grated.....	1 Tbsp		Asafetida.....	¼ Tsp
	Cabbage Cut in thin strips.....	¼ C		Soy sauce.....	1 Tbsp
	Bell Pepper Cut in thin strips.....	1 ½ C		Water.....	1 Tbsp
	Carrots Cut in Julienne strips.....	1 ½ C			
	Salt.....	1 ½ Tsp			

- Preparation**
- 1) Combine all the ingredients for the dressing in a blender and process to a smooth paste. Keep aside.
 - 2) Cook the noodles in water according to the directions. Drain it in a colander and rinse with cold water to insure no stickiness left in the noodles thus cooked.
 - 3) Heat oil in a pan, sprinkle asafetida, sauté the green chili and ginger for a few moments, then add the cabbage, when it turns limp, add the bell pepper and carrots. Stir-fry for a minute or two. Add salt, noodles and the dressing prepared. Combine well. Serve hot.

Serves Five to Six

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