

Recipe

Ekadasi Noodles

By

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Ingredients

3-4 oz sweet potato noodles*, cooked in hot water for 3 minutes, rinsed in cold water
2 tbsp oil, sesame oil is preferred
¼ cup cashew nuts, roasted
1 tsp sesame seeds
2 cups chopped green leafy vegetables
2/3 tsp salt
¼ cup shredded carrot
1 stalk of celery, thinly sliced
½ cup chopped broccoli
1/8 tsp pepper
1 tsp ginger, finely sliced

Preparation

Heat oil in the pan. Add carrot, celery, and ginger, and sauté until they are tender. Add the noodles and cook for another 3 minutes. Add broccoli and vegetables, and cook for 2 more minutes. Turn off the heat and sprinkle nuts and sesame seeds. If you like, sprinkle some sesame oil and garnish with some cilantro leaves.

*The sweet potato noodles can be found in most Asian markets, especially in the Korean markets.

Serves

1 serving

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