

# Spicy Japanese Noodles

These noodles are highly spiced with chili and flavored with sesame seeds for a nutty taste that is a true delight.

## NUTRITIONAL INFORMATION

Calories	.....381	Sugars	.....12g
Protein	.....11g	Fat	.....13g
Carbohydrate	...59g	Saturates	.....2g



5 mins



15 mins

SERVES 4

## INGREDIENTS

- 1 lb 2 oz/500 g fresh Japanese noodles
- 1 tbsp sesame oil
- 1 tbsp sesame seeds
- 1 tbsp sunflower oil
- 1 red onion, sliced
- 3½ oz/100 g snow peas
- 2 carrots, thinly sliced
- 12 oz/350 g white cabbage, shredded
- 3 tbsp sweet chili sauce
- 2 scallions, sliced, to garnish

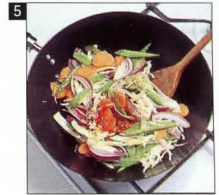
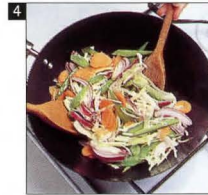
**1** Bring a large pan of water to a boil. Add the Japanese noodles to the pan and cook for 2–3 minutes. Drain the noodles thoroughly.

**2** Toss the noodles with the sesame oil and sesame seeds.

**3** Heat the sunflower oil in a large, preheated wok or skillet.

**4** Add the onion slices, snow peas, carrot slices, and shredded cabbage to the wok and cook for about 5 minutes.

**5** Add the sweet chili sauce to the wok and cook, stirring occasionally, for another 2 minutes.



**6** Add the sesame noodles to the wok, toss well to combine, and heat through for another 2–3 minutes. (You may also cook and serve the noodles separately, if you desire.)

**7** Transfer the Japanese noodles and spicy vegetables to warm serving bowls and garnish with sliced scallions. Serve immediately.

## COOK'S TIP

If fresh Japanese noodles are difficult to obtain, use dried rice noodles or thin egg noodles instead.