

Chili Garlic Noodles

A garlicky and spicy quick side dish packed with umami flavour.

Prep Time	Cook Time	Total Time
5 mins	10 mins	15 mins

Course: Side Dish Cuisine: Asian Style

Keyword: Chili Garlic Noodles Servings: 2 people Calories: 673kcal



4.72 from 7 votes

Ingredients

- 6 oz noodles
- 1 tablespoon chili flakes
- 2-3 garlic cloves minced
- 1/2 teaspoon sugar
- 1 tablespoon light soy sauce
- 1 tablespoon dark soy sauce
- 1 tablespoon oyster mushroom sauce optional
- 1 tablespoon sesame seeds Note: If using roasted sesame seeds, add them later.
- 5 tablespoon neutral vegetable oil
- 2 teaspoon sesame oil
- Fresh cilantro or spring onions for garnish

Instructions

1. In a heatproof bowl, combine the chili flakes, minced garlic, sugar, light soy sauce, dark soy sauce, and oyster mushroom sauce. If your sesame seeds are unroasted, add them now. If they're roasted, they will be added later.
2. In a small saucepan, heat the neutral oil over medium heat until hot but not smoking. This should take about 2-3 minutes.
3. Carefully pour the hot oil into the bowl containing the sauce ingredients. Stir immediately and thoroughly to combine. If you have reserved roasted sesame seeds, stir them in now.
4. Cook the noodles according to the packet's instructions.
5. In a mixing bowl or in the pot you cooked the noodles in, combine the cooked noodles with the spicy chili garlic oil, and add the sesame oil.
6. Garnish with freshly chopped cilantro or sliced spring onions.

Notes

- You may not need to use all the sauce; just add enough to your taste.

Nutrition

Calories: 673kcal | Carbohydrates: 75g | Protein: 10g | Fat: 38g | Saturated Fat: 6g | Polyunsaturated Fat: 21g | Monounsaturated Fat: 9g | Trans Fat: 0.2g | Sodium: 989mg | Potassium: 128mg | Fiber: 4g | Sugar: 8g | Vitamin A: 1187IU | Vitamin C: 1mg | Calcium: 59mg | Iron: 2mg