

KONJAC NOODLE STIR FRY



SERVING SIZE

2



INGREDIENTS

ITEM

Olive Oil
Garlic Cloves, Minced
Shallots, Thinly Sliced
Bell Pepper, Thinly Sliced

QUANTITY

½ Tbsp.
2
½ cup
1

ITEM

Broccoli Florets
Mushrooms, Sliced
Konjac Noodle, Drained And Rinsed
Low Sodium Soy Sauce

QUANTITY

1 Cup
1 Cup
14 Oz.
2 Tbsp.



PREPARATION

- In a large skillet heat the olive oil over medium-high heat.
- Add the minced garlic and thinly sliced shallots to the hot oil. Sauté for about 2 minutes, or until the shallots are soft and translucent.
- Add the thinly sliced bell pepper, broccoli florets, and sliced mushrooms to the skillet.
- Stir-fry for approximately 4-5 minutes or until the vegetables are crisp-tender.
- Toss the konjac noodles into the skillet with the sautéed vegetables. Stir-fry for an additional 2-3 minutes, ensuring that the noodles are heated through and well-mixed with the vegetables.
- Drizzle the low-sodium soy sauce over the entire stir-fry. Continue to stir-fry for another 1-2 minutes, ensuring the noodles and vegetables are evenly coated and flavored with the soy sauce.
- Taste the stir-fry and adjust the seasoning if needed.
- Transfer the konjac noodle stir-fry to plates or a serving platter.
- Enjoy!