

# Chinese Style Spaghetti Noodles



*Spaghetti is popular now-days. It is the top food choice in International survey. Spaghetti is rich in complex carbohydrates and low in fat. Spaghetti also tends to be inexpensive and is easy to prepare.*

## **Ingredients**

- 2 Cups of Whole Wheat Spaghetti**
- 1/4 Cup of onion**
- 1/4 Cup of Carrot**
- 1/4 Cup of Brocoli**
- 1/4 Cup of Bell Pepper(Capsicum)**
- 2 Spring Onion**
- 3 Garlic Cloves**

**1 Tbsp of Broad Bean Paste**  
**2 Tbsp of Soy Sauce**  
**1 Tsp of Pepper**  
**1/2 Tsp of Sugar**  
**2 Tbsp of Oil**  
**Salt as needed**

## **Method**



- **Cook the spaghetti according to package directions. Boil the spaghetti in water with a tsp of salt and oil. Wait for sometime. Once it get cooked, drain the water and rinse it with cold water to avoid stickiness**
- **Heat a pan with oil, add chopped garlic, onion and white part of spring onion. Fry till onions are transparent.**
- **Add all the veggie's ( Carrot, Bell Pepper and Brocoli) Fry for 2 mins. Cover pan with lid so that all veggie's get cooked.**
- **Then add pepper, salt, sugar, broad bean paste, soy sauce and green part of the spring onion. Mix/Toss it so that veggie's absorbs bean paste and soy sauce. Let it cook for 2 mins.**
- **Finally add cooked spaghetti.Mix well.**
- **Transfer to a serving dish. Ready to eat.**

## Basic Information

**Prep Time : 10 mins**

**Cook Time: 30 mins**

**Serves : 3 People**

## Tips

- **If you use olive oil, it tastes great**
- **You can get broad bean paste in Chinese Grocery Store. Adding Broad bean paste is optional.**
- **Try to use whole wheat Spaghetti ,rich in fiber.**

## Health Benefits of Spaghetti

- **Good source of vitamin A, it promotes healthy vision, skin and bone growth.**
- **Rich in folic acid, aids in preventing megaloblastic anemia, a serious medical condition.**
- **It is a good source of potassium so it supports cardiovascular health, and proper muscle function.**