



The Grown-Up Girls Guide to Looking Good and Feeling Great

Sukiyaki Shirataki Noodles – *from merci-mama.com*

Serves 1 – 2

- 1 small or 1/2 large carrot, julienned (Sliced into matchsticks)
- 1 zucchini, julienned
- handful of podded edamame beans
- 1 packet of shirataki noodles
- 250 ml dashi II/super dashi (2 tsp dashi granules dissolved in 1 L of water
dashi granules can be bought at the japanese supermarket)
- 1/4 cup soy sauce
- 40 ml mirin
- 3/4 tbsp sake
- 1 tbsp sugar
- sesame seeds to garnish

What to do:

Start by making the sauce by combining the dashi II, soy sauce, mirin, sake and sugar in a small saucepan and bring to the boil. Take it off the heat and set aside.

Heat a small splash of oil into a wok and when hot and starting to smoke add the carrot and stir-fry for a minute, then add the zucchini and stir-fry for another minute.

Remove the veg and then add the sauce and bring to the boil and then add the noodles.

Cook the noodles in the sauce until the noodles have absorbed the sauce and the sauce is almost evaporated. Add the veg back into the noodles with the edamame and stir through.

Serve and then garnish with some sesame seeds.

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