

File Created by [Blogging Rebirth](#) WP Plugin

Shirataki Konjac Noodles



Imagine a World Where The Noodles are Calorie Free
[click here for more information](#)



There's a lot of hype going on about the weight loss effects the 'Miracle Noodles' can have, but do you know what they really are? Shirataki Konjac Noodles are Japanese noodles made from the root of the Konjac plant.

These noodles have zero calories and are also very low in carbohydrates, which make them the perfect way to fill up and ease those hunger pangs without adding calories to your diet. They're gluten free, too, so this can be excellent for people on a gluten-free diet. They are also a great source of glucomannan, which is a dietary fiber that is beneficial for those trying to lose weight.

Keep in mind that there are two primary types of shirataki konjac noodles: one is made from just the konjac plant, while the other has tofu added to the konjac flour.

You should find that the regular shirataki konjac noodles are excellent to add into Asian-style soups and even salads, while the tofu shirataki noodles are more suited to stir-fry dishes.

Regardless of the type you choose, always keep in mind that [shirataki noodles](#) have very little taste of their own. These [miracle noodles](#) also have a quite gelatinous texture, almost like a very over-cooked piece of spaghetti. For this reason, they're not really the ideal choice for a low-carb pasta replacement, and you may be disappointed by the difference in taste and texture.

Instead, work on finding recipes that incorporate Asian flavors along with your favorite foods and you'll soon find that these noodles can taste delicious when they're used how they were intended.

How to Prepare Shirataki Konjac Noodles

You can't just use these noodles straight out of the packet. Besides, when you first open them, you'll notice an odor that comes from the konjac, and some can find that odor unpleasant. Don't worry though, this is just the normal odor of the noodles and will go once you have thoroughly rinsed them.

Drain the packet well and rinse the noodles in water. Then put the noodles into a bowl and microwave them on high for about a minute. This will reduce the light aroma and make them easier to cook with.

Pat them dry with a kitchen towel before adding them into your favorite Shirataki Konjac Noodles recipe.

Tasty Prawn Wonton Shirataki Noodle Soup

It might only look like soup, but shirataki noodle soup is surprisingly filling and extremely healthy for you. Keep in mind that it's always fine to substitute different vegetables in this recipe to suit the availability of produce in your area, or to suit your own tastes.

You may also decide to replace the wontons with chicken or turkey meatballs, to suit your own preferences. The important thing here is to work with ingredients you enjoy, but that also help to give your shirataki noodles a lovely flavor of their own.

Wonton Soup

Soup Base

- 6 cups chicken stock
- 1 packet of shirataki noodles

1/4 teaspoon sugar
1/4 teaspoon chilli powder (or two real chillies, chopped very finely if you like it HOT)
Light soy sauce to taste
1 tablespoon Asian sesame oil
1 small bunch bok choy, cut into 2 inch lengths (can be substituted for chopped spinach, or shredded cabbage)
1/2 cup soy beans (or edamame beans, or broad beans or any green beans you like)
2 shallots, chopped
1 clove garlic, crushed

Lightly cook the garlic and onion in sesame oil. When the onion has softened, add stock. Add the noodles to the soup and add your choice of vegetables. Simmer with the lid off for around 15 minutes, or until all the vegetables have softened. Add soy sauce to taste.

Wontons

1 lb (450g) shrimp peeled and deveined
1 1/2 teaspoons coarse salt
1/2 teaspoon very finely chopped coriander
1 tablespoon rice wine
2 teaspoons light soy sauce
1 spring onion, minced
2 tablespoons drained, minced bamboo shoots
1/4 teaspoon chili powder
1/4 teaspoon sugar
Big pinch of white pepper
1 teaspoon Asian sesame oil
1 teaspoon cornstarch
30 wonton wrappers
1 egg white, lightly beaten

Rinse the shrimp with cold water and drain them well. Place in a bowl, add 1 teaspoon of the salt and toss well. Set aside for 10 minutes. Rinse the shrimp in cold water again. Drain them thoroughly, pat dry and chop them roughly. Mix the shrimp together in a bowl with the remaining ingredients. If you prefer, you could add the ingredients to a blender for a second or two to blend and mash together more finely.

To wrap the dumplings, work with 1 wrapper at a time. Keep unused wrappers covered with a kitchen towel. Place 1 heaped teaspoon of filling in the center of a wrapper. Moisten the wrapper edges with water and fold in half to form a triangle, enclosing the filling. Bring the two long ends up and over to meet and slightly overlap over the top of the filling. Moisten where the edges overlap with egg white and press together to seal. Set on a baking sheet and cover with another kitchen towel.

Continue to form dumplings until all the filling has been used. Set aside 10 or 12 dumplings for this dish; wrap the remainder and any unused wrappers in plastic wrap and freeze for up to 2 months.

Options

You can steam the dumplings in an Asian steamer and serve in the soup when you're ready. Or you can just put the freshly-made dumplings into the soup and boil them with the noodles.

This recipe may look like a lot of work, but it doesn't take long at all to create a really tasty meal. The prawn wontons are quick and easy, and taste great. But it's the Shirataki Konjac noodle soup that really brings out the flavor of this healthy, low calorie Asian style meal.

Need more shirataki noodles? Visit [Miracle Noodles](#) or click the banner below



Imagine a World Where The Noodles are Calorie Free
[click here for more information](#)



You can also find this article published on [Shirataki Konjac Noodles](#), and on the tag pages [Shirataki Noodles](#).