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Shirataki Noodle Recipes - Sukiyaki Stirfry



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This quick and easy recipe tastes just like Asian take-out. It only takes a few minutes, but it really makes the noodles taste great.

½ cup soy sauce
½ cup rice wine
½ cup sugar (or sugar substitute)
1 tablespoon sesame oil
1 packet shirataki [miracle noodles](#)
2 green shallots, chopped
¼ cabbage, shredded
½ cup bean sprouts, chopped
½ cup mushroom, thinly sliced
400g thinly sliced beef (this can be substituted for a block of sliced firm tofu, if desired)

Heat sesame oil in a large pan or wok and lightly cook the beef strips. Add soy sauce, rice wine and sugar.

Shift the beef to one side and add the vegetables to the pan. Don't worry if there looks to be too many ingredients at this point, as the vegetables will cook right down and shrink.

Add the [shirataki noodles](#) to the pan and allow some of the sauce to soak into the noodles. As these noodles will take on much of the flavor of anything they're cooked with, they will have a lovely sukiyaki flavor to them.

Taste a little of the sauce and add more soy sauce if you prefer, or more rice wine if needed to suit your own preferences.

Serve immediately. You'll find that shirataki noodles eaten this way are absolutely delicious.

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