

# Stir-fried Rice Noodles (Char kway Teow) Recipe

Experience all the smoky, savoury goodness of the classic street food dish, reimagined for a vegetarian palate. By swapping out the meat and seafood for ingredients like crispy tofu, juicy mushrooms, and crunchy beansprouts, this version loses none of the "**wok hei**" (the breath of the wok) that makes char kway teow so beloved. It's a vibrant, satisfying stir-fry where tender rice noodles are coated in a rich, sweet, and salty sauce, proving that plant-based eating can be incredibly flavourful and deeply comforting.



Sample Recipe

| Recipe serves                              |        | Prepared for |               |      |
|--|--------|--------------|---------------|------|
| 2  |        | 2            |               |      |
| Ingredient                                 | Amount |              | Scaled amount |      |
| Dried flat rice noodles (soaked overnight) | 250    | g            | 250           | g    |
| Yellow Noodles                             | 150    | g            | 150           | g    |
| Plant-based Meat Slices                    | 20     | ----         | 20            | ---- |
| Eggs                                       | 3      | ----         | 3             | ---- |
| Sliced fried Tofu                          | 100    | g            | 100           | g    |
| Bean Sprouts                               | 100    | g            | 100           | g    |
| Sliced Shimeji Mushrooms                   | 3      | ----         | 3             | ---- |
| Sauce :                                    |        |              |               |      |
| Light Soy Sauce (Tbsp)                     | 1      | ----         | 1             | ---- |
| Dark Soy Sauce (Tbsp)                      | 1      | ----         | 1             | ---- |
| Veg. Oyster Sauce (Tbsp)                   | 1      | ----         | 1             | ---- |
| Sweet Sauce (Tbsp)                         | 1      | ----         | 1             | ---- |
| Water (Tbsp)                               | 2      | ----         | 2             | ---- |
| Oil (Tbsp)                                 | 3      | ----         | 3             | ---- |
| White Pepper (Add to taste)                |        |              |               |      |
| Sesame Oil (Add to taste)                  |        |              |               |      |

Shopping List

| Ingredients                                | Have it                  | Quantity |
|--|--------------------------|----------|
| Dried flat rice noodles (soaked overnight) | <input type="checkbox"/> |          |
| Yellow Noodles                             | <input type="checkbox"/> |          |
| Plant-based Meat Slices                    | <input type="checkbox"/> |          |
| Eggs                                       | <input type="checkbox"/> |          |
| Sliced fried Tofu                          | <input type="checkbox"/> |          |
| Bean Sprouts                               | <input type="checkbox"/> |          |
| Sliced Shimeji Mushrooms                   | <input type="checkbox"/> |          |
| Sauce :                                    | <input type="checkbox"/> |          |
| Light Soy Sauce (Tbsp)                     | <input type="checkbox"/> |          |
| Dark Soy Sauce (Tbsp)                      | <input type="checkbox"/> |          |
| Veg. Oyster Sauce (tsp)                    | <input type="checkbox"/> |          |
| Sweet Sauce (Tbsp)                         | <input type="checkbox"/> |          |
| Water (Tbsp)                               | <input type="checkbox"/> |          |
| Oil (Tbsp)                                 | <input type="checkbox"/> |          |
| White Pepper (Add to taste)                | <input type="checkbox"/> |          |
| Sesame Oil (Add to taste)                  | <input type="checkbox"/> |          |
|  | <input type="checkbox"/> |          |
|  | <input type="checkbox"/> |          |

## Sample Instructions

- Preparation:**  
Soak the dried rice noodles in advance until soft. Drain well to prevent sticking during frying.  
Mix all the **Sauce** ingredients (light soy sauce, dark soy sauce, oyster sauce, sweet sauce, water) in a small bowl. Set aside.  
Rinse the bean sprouts and drain. Slice the mushrooms. Have the plant-based meat slices and tofu ready.
- Stir-fry Aromatics:**  
Heat a wok or large pan over high heat. Add 3 tablespoons of oil.  
Add the **plant-based meat slices** and **tofu slices**. Stir-fry quickly until the meat is cooked and fragrant.  
Add the **sliced mushrooms** and continue to stir-fry until they soften.
- Add Eggs:**  
Push the ingredients in the wok to one side. Crack the eggs into the empty space.  
Quickly scramble the eggs with your spatula. Just before they are fully set, mix them in with the rest of the plant-based meat and tofu.
- Cook the Noodles:**  
Add the drained **rice noodles** and **yellow noodles**.  
Using chopsticks or a spatula, toss and stir-fry quickly over medium-high heat until the noodles are hot and have a slightly fragrant, charred edge.
- Add Vegetables & Sauce:**  
Add the **bean sprouts** and stir-fry quickly for a few seconds.  
Pour the pre-mixed **sauce** over the noodles. Toss the wok vigorously to coat every strand of noodle evenly with the dark sauce.
- Final Seasoning:**  
Season with **white pepper** to taste and drizzle with a few drops of **sesame oil** for fragrance.  
Give everything one final, quick toss to combine. Remove from heat.
- Serve:**  
Divide the fried noodles between two plates. Serve immediately.

Tips :

**Heat is Key:** Char kway teow relies on high heat ("wok hei"). Use medium-high to high heat throughout and work quickly for that characteristic smoky flavour.

**Prevent Sticking:** Ensure the rice noodles are fully soaked and well-drained. Tossing them with a little oil before cooking can also help. Using a non-stick pan makes it easier.

**Pre-mix Sauce:** Having your sauce ready to go ensures even flavour distribution and prevents scrambling during cooking.

**Bean Sprout Timing:** Add bean sprouts at the end to maintain their crisp, fresh texture. Adding them too early will make them soft and watery.

**Customise:** Feel free to add a spoonful of chili paste or sambal for heat when you add the sauce.

All Recipes

