

Stir-Fried Glass Noodles Recipe

This stir-fried glass noodles recipe is an efficient vegetarian dish that highlights the noodles' ability to absorb seasoned liquid while retaining a firm, springy bite. Made from mung bean starch, the translucent noodles are combined with shredded vegetarian ham, shiitake mushrooms, carrot, and bok choy for complementary texture and flavour. The method follows a logical sequence: brown the vegetarian ham, sauté the mushrooms, simmer the noodles in a light broth, then toss with fresh greens. This one-pan preparation is adaptable and suitable for both everyday meals and meat-free menus.



Sample Recipe

	Recipe serves	Prepared for
	2	2

Ingredient	Amount	Scaled amount	
Glass Noodles (bundles)	2	----	2 ----
Veg. Ham (slices)	4	----	4 ----
Dried Shiitake Mushrooms (pcs)	5	----	5 ----
Carrot (pcs)	1/2	----	1/2 ----
Bok Choy (bunch)	1	----	1 ----
Water	600	ml	600 ml
Seasonings :			
Mushroom Seasoning (tsp)	1	----	1 ----
Salt (tsp)	1/2	----	1/2 ----
Dark Soy Sauce (Tbsp)	1	----	1 ----

Shopping List

Ingredients	Have it	Quantity
Glass Noodles (bundles)	<input type="checkbox"/>	
Veg. Ham (slices)	<input type="checkbox"/>	
Dried Shiitake Mushrooms (pcs)	<input type="checkbox"/>	
Carrot (pcs)	<input type="checkbox"/>	
Bok Choy (bunch)	<input type="checkbox"/>	
Water	<input type="checkbox"/>	
Seasonings :	<input type="checkbox"/>	
Mushroom Seasoning (tsp)	<input type="checkbox"/>	
Salt (tsp)	<input type="checkbox"/>	
	<input type="checkbox"/>	
	<input type="checkbox"/>	
	<input type="checkbox"/>	
	<input type="checkbox"/>	

Sample Instructions

Preparation :

1. Soak the glass noodles in water until soft, then drain.
2. Shred vegetarian ham into thin strips.
3. Soak the dried shiitake mushrooms (if using dried) until soft, then remove stems and shred into thin strips.
4. Shred the carrot into thin strips.
5. Cut the bok choy into sections.

Cooking Steps :

1. Heat a wok or large pan. Add 4 tablespoons of oil.
2. Add the shredded vegetarian ham and stir-fry until golden brown. Set aside.
3. Add the shredded shiitake mushrooms and stir-fry until fragrant.
4. Add the shredded carrot and stir-fry briefly.
5. Pour in 600 ml of water and bring to a boil.
6. Add the vegetarian seasoning powder (1 teaspoon) and salt (1/2 teaspoon).
7. Add the soaked glass noodles and stir-fry briefly to absorb the liquid.
8. Add the bok choy and stir-fry until just wilted.
9. Finally add vegetarian ham and mix well.
10. Transfer to a serving plate.