

## Thai Garlic Sticky Noodles

### Ingredients:

- 350 ml long, flat noodles
  - 45 ml butter (ghee or vegan butter spread)
  - 4 green onions, chopped
  - ½ red pepper, sliced thin
  - 1 carrot, sliced thin julienne
  - 3 garlic cloves, diced
  - 30 ml coconut sugar (or brown sugar)
  - 30 ml tamari (or soy sauce)
- Optional 10 ml oyster sauce



### Instructions:

- 1.Boil the noodles according to directions until al dente, drain, and set aside (add some butter so they don't stick together after draining).
- 2.Meanwhile in a saucepan over medium heat, melt the butter.
- 3.Add the green onions and garlic and stir for about 1 minute until fragrant.
4. Add the sliced red pepper and continue to saute for about 3 minutes.
- 4.Add the sugar and stir vigorously until it is completely dissolved.
- 5.Add tamari (or soy sauce), and mix in thoroughly.
- 6.Toss the noodles with the sauce, carrots julienne, plate and garnish with cilantro and/or more green onions.