



# Tangy Cabbage Stir-Fry with Glass Noodles

## Ingredients

- neutral oil
- 1 small sweet onion, finely diced
- 3 garlic cloves, finely chopped
- 1/2 head green or red cabbage, finely sliced
- salt and pepper
- 7 ounces mung bean or sweet potato starch noodles, soaked in warm water for 10 minutes
- 1 tablespoon toasted white sesame seeds
- 2 green onions, thinly sliced
- chili oil (optional)

## Seasoning sauce:

- 1/4 cup soy sauce or tamari
- 2 1/2 tablespoons maple syrup or sugar
- 1/4 cup ketchup
- 2 1/2 tablespoons toasted sesame oil
- 2 1/2 tablespoons toasted sesame seeds
- 1/4 cup black or rice vinegar

## Instructions

1. Heat a large skillet or wok over medium-high heat. When hot, add 2 tablespoons of oil and the onion, then reduce the heat to medium and cook for 2 minutes until soft. Add the garlic and cabbage, season with salt and pepper and cook for 5-6 minutes until cabbage is tender.
2. Meanwhile, place all the ingredients for the seasoning sauce in a small bowl and whisk to combine.
3. Drain the noodles and add them to the pan along with the sauce. Toss well to combine.
4. Serve topped with sesame seeds, green onion, and optional chili oil.