

HOW TO MAKE DRAGON BEARD NOODLES

Be sure to ask an adult to help you do any cutting or chopping with a knife or cleaver and cooking on a hot stove.

Yield: 4 servings

INGREDIENTS

- 8 ounces Dragon Beard Noodles or thin spaghetti
- 2 large eggs
- ½ teaspoon five-spice powder or pepper
- 3 tablespoons cooking oil, divided
- 2 teaspoons finely grated peeled fresh ginger
- ¼ cup pre-shredded carrots
- 2 tablespoons soy sauce
- 2 green onions, chopped
- ½ teaspoon sesame oil
- Salt and pepper to taste

INSTRUCTIONS

1. Cook the noodles in a large pot of boiling water according to package instructions, drain, and set aside.
2. Lightly beat eggs and five-spice powder in a bowl.
3. Heat 1 tablespoon of oil in a skillet over medium-high heat until hot but not smoking, and pour the egg mixture in, stirring, until just cooked through.
4. Transfer the scrambled eggs to a plate. Add the remaining 2 tablespoons of oil to the skillet and heat until hot but not smoking, then cook and stir the ginger and carrots for about 1 minute.
5. Add the noodles, soy sauce, and green onions. Cook and stir until the noodles are heated through. Stir in the eggs and sesame oil. Cook and stir until all ingredients are well mixed. Season with salt and pepper. Serve warm.

