

Flo Lum Garlic Noodles



Servings: 2

1 pound spaghetti or yellow noodles
1/4 cup unsalted butter
1 tablespoon olive oil
6 cloves garlic, minced (6 to 8)
1 tablespoon soy sauce
1 tablespoon oyster sauce
1 tablespoon fish sauce
2 teaspoons brown sugar
2 teaspoons sesame seed oil
1/2 cup freshly grated parmesan cheese
1 green onion, chopped

Cuisine: Asian

Cook the pasta, according to the package, until al dente in texture

In a small bowl, combine soy sauce, oyster sauce, fish sauce brown sugar and sesame seed oil. Set aside.

In a wok or large frying pan on low heat, melt butter, add olive oil and garlic. Let cook for 2-3 minutes, stir frequently and make sure it does not brown. Add the well drained pasta and toss, loosening up all the noodles. Add the sauce and continue to toss to make sure the sauce is evenly dispersed. Turn off the heat. Add parmesan cheese and keep tossing the pasta until the cheese has melted.

Serve on a platter and garnish with green onions.

Per Serving (excluding unknown items): 110 Calories; 8g Fat (62.9% calories from fat); 1g Protein; 9g Carbohydrate; trace Dietary Fiber; 1mg Cholesterol; 573mg Sodium. Exchanges: 0 Grain(Starch); 1 Vegetable; 1 1/2 Fat; 1/2 Other Carbohydrates.