

Asian Garlic Noodles

Serves Four

Ingredients

1 pound spaghetti
3 tablespoons avocado oil
8 cloves garlic, minced
4 scallions, white and green parts thinly sliced and separated
1 teaspoon fresh ginger, minced
¼ cup PLUS 1 tablespoon low-sodium soy sauce
2 tablespoon hot honey (or brown sugar)
2 tablespoons sriracha
1 tablespoon rice wine vinegar
2 teaspoons sesame oil
2 teaspoons chili sauce or ¼ teaspoon crushed red pepper flakes



Step 1: Bring 4 quarts water to a boil in a large pot. Add linguine or spaghetti and cook according to package directions. Drain when cooked but reserve 1 cup of the cooking liquid for the garlic sauce.

Step 2: In a large saute pan, heat the avocado oil over medium-high heat and add the garlic and the white parts of the scallion. Stir constantly so as not to burn the garlic. Add the ginger, soy sauce, honey or brown sugar, sriracha, rice vinegar, sesame oil and chili sauce or red pepper flakes. Continue stirring and cooking until the mixture simmers. Lower heat to medium and add in the cooked pasta and half of the reserved pasta water. Stir well to combine and taste for seasoning.

Step 3: Top with parmesan cheese and green parts of the scallion. Serve warm.