

Superlite

Shirataki Noodles

Cooking Instructions

Superlite Noodles don't need to be cooked as they do come "wok ready", but we highly recommend preparing them in the following very simple way:

1. Tear open the bag and place noodles in a colander. Run some fresh water over it. You might notice a slight smell upon opening the bag – this is because it has been packed aged in water, and you want to get rid of this smell with a good, thorough rinse.
2. Place noodles in a hot pan or wok and dry fry them for a 90 seconds to 2 minutes maximum. The noodles release a little bit of water, and the more water they release the whiter they become in colour and the texture becomes a little more "paste-like". When all the water is released consider them done. Now add to your dish, or add to your sauce. ***Please don't be tempted to fry them longer as they become rubbery.***

Superlite Noodles cannot burn, so dry frying is absolutely fine. They consist largely of water, and therefore release water when they cook. They also don't contain any starch, so can't stick together like regular noodles.

Lasagne sheets always need to be prepared in order to make a good lasagne. They too release water when cooked, so to avoid a watery dish, dry fry each of the sheets in a hot pan first, as instructed above. Rice pearls are great to add to a pot of soup for instance.

Recipes and cooking tips can be found on our website www.superlitenoodles.co.za and please like and follow our social media pages on Instagram | @superlitenoodles and Facebook | www.facebook.com/superlitenoodles.

