INGREDIENTS

1 tablespoon fresh garlic, minced
2 tablespoons cilantro, chopped
2 tablespoons green onion, sliced
1 cup colorful bell pepper, julienne
1 quart (2 cups) water
2 oz. (approx. 1/4 cup) mung bean sprouts
(2) 1.4 oz. nests mung bean noodles
1/4 cup canola oil with red pepper flakes
2-3 tablespoons seasoned rice wine vinegar
2 tablespoons soy sauce
1 tablespoon sugar
2 - 3 teaspoons kosher salt
Equipment

- Cutting board
- Knife
- Measuring cups and spoons
- 2 qt. saucepan (small)
- Sieve or slotted spoon
- Colander
- Small saucepan or sauté pan
- Spatula
- Whisk, chopsticks or a fork
- Large mixing bowl
- Tongs

Chef's Tips

- Steaming mung bean sprouts helps to kill harmful bacteria
- If all you have is table salt (fine grain), cut the amount of salt by half.
- You can substitute lao gan ma (spicy chili crisp) for the red pepper flakes. You will still need to add the oil.
- Any neutral cooking oil can be substituted for the canola oil (soybean, vegetable, avocado or grapeseed oil).
- Have fun and feel free to experiment with the types of ingredients based on your preferences!

**Mince | Chop | Slice | Julienne**

Using a knife and cutting board:
- Mince garlic
- Chop cilantro
- Slice green onion
- Julienne bell pepper

Set aside.

**Steam**

Bring water to a boil in a small pot. Place the bean sprouts in the boiling water. Cook for 1 minute and scoop out using a sieve or slotted spoon. Rinse with cold water.

**Cook**

In the same pot of water, cook mung bean noodles until tender, approximately 2-4 minutes. Strain and rinse under cold running water for several minutes until cool.

**Sauté chile in oil**

Heat the oil over medium heat in a small pan. Add chili flakes and stir continuously for several minutes until pepper flakes become fragrant, taking care not to burn the chilies. Pour into large mixing bowl and cool for a few minutes.

**Whisk sauce**

In a large mixing bowl, whisk together the chili oil, vinegar, soy sauce, sugar, salt, and garlic.

**Toss & enjoy!**

Add noodles, peppers, cilantro, green onion and toss in the sauce until well coated.

Taste and adjust seasoning according to your taste. Enjoy!