

How To Cook & Like Shirataki Noodles

Hands-on 5-10 minutes Overall 5-10 minutes



Nutritional values (per serving, half pack): Total carbs: 2.9 g, Fiber: 1.4 g, **Net carbs: 1.5 g**,

Protein: 0 g, Fat: 0.2 g, Calories: 4 kcal,

[Original recipe](#), [Keto Diet App](#) - The ultimate low-carb diet app

Ingredients (makes 2 servings)

1 pack [shirataki noodles](#), [shirataki rice](#) or any shirataki pasta (200 g/ 7.1 oz)

Instructions

1. Drain the noodles - discard all the water. Place the noodles in a large sieve and wash well under running water.
2. Transfer into a pot with boiling water and cook for 2-3 minutes. This step is important for removing the unpleasant odour.
3. Drain the noodles and place on a hot pan without any grease or liquids. Fry over a medium-high heat for about 10 minutes. There will be a lot of steam and that's what you want to achieve - remove as much water as possible without drying them out. If they become too dry, they will significantly reduce in size. Using tongs, you'll need to turn the noodles to avoid that. This step is important for their texture.
4. When done, place in a bowl and have it ready for a stir-fry. Try in my [Easy Paleo Pad Thai](#) or [Prawn & Noodle Stir-Fry!](#)

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