

Szechuan Garlic Chili Noodles

By Farrah Chan & Marcel Peplow

Slurp up these traditional Szechuan spicy garlic and chili oil noodles and learn about the technique of pouring hot oil over aromatics.

SERVES: 2-3 | PREP TIME: 10 MIN | COOK TIME: 30 MIN

The Szechuan technique is pouring hot oil over aromatics

Ingredients:

- 2 packs of premade noodles (any kind works)
- 4 cloves of garlic
- 2 tablespoons of Chili Flakes
- 5 tablespoons of preferred cooking oil
- 1 teaspoon of soy sauce
- 1 teaspoon of granulated sugar

**Feel free to add anything of your preference, in terms of veggies and protein elements!

Directions:

1. Fill a pot with water then bring it to a boil.
2. Mince 4 cloves of garlic and set it aside in a bowl. Add 2 tablespoons of chili flakes, a pinch of salt, a teaspoon of sugar and a teaspoon of soy sauce and mix.
3. Once water is boiling, place 2 packs of noodles inside. Take out the noodles once they are desired texture and place in a serving bowl.
4. In the meantime, pour 5 tablespoons of oil in a wok on medium heat
5. Transfer the spices and garlic on top of the noodles and pour the hot oil from the wok on top
6. Mix up the noodles with chopsticks (or fork), throw on a lemon slice if you have one and enjoy!

Cultural Significance:

Noodles are often eaten during holidays like Chinese New Year or birthdays because they represent longevity and the extension of our lives. A note for any noodle enthusiasts or enthusiasts-to-be, **NEVER** cut your noodles when you eat them (especially on these occasions) because it resembles a shortened life and sends a bad omen to your future. This versatile noodle dish not only provides a boost to our immune system due to the powerful benefits of garlic and chili, it is also simple, low-cost and filling. As a love letter to our beloved Lao Gan Ma chili oil (a necessity in Asian households), we hope you are also inspired to learn more about the Szechuan garlic chili oil technique and gain more appreciation for this noodle dish. We hope you cherish this recipe as we do and happy slurping!



Image is sourced from [Drive Me Hungry](#)