



Speedy Veggie Noodle Bowl



FEEDS

2-3

COOK TIME

20 minutes

INGREDIENTS

For the sauce:

- 3 tablespoons rice vinegar (add more to taste)
- 3 tablespoons tamari (add more to taste)
- 1 tablespoon sesame oil
- 2 teaspoons of fish sauce (optional)
- 2 large cloves garlic, finely chopped
- 1 1/2 teaspoons minced fresh ginger
- 1/2 teaspoon red pepper flakes (use less for less heat)
- Freshly ground black pepper, to taste

For the noodle bowl:

- 1/2 box (4-oz) soba OR ramen OR rice noodles
- 2 tablespoons coconut oil or untoasted sesame oil
- 1/2 bunch of hakurei turnips cut and greens roughly chopped
- 1 large red pepper, thinly sliced (1 1/3 cups)
- 2 to 3 large carrots, julienned or cut thinly (1 1/2 cups)
- 3 to 4 green onions, chopped (1/2 cup)
- 3/4 to 1 cup shelled edamame (optional, thaw if frozen)
- *Optional: add chicken, ground pork, or tempeh
- Sesame seeds, for garnish

INSTRUCTIONS

1. Cook the noodles as instructed on the package directions. Drain and rinse with cold water.
 2. Prepare the sauce: In a medium bowl, whisk together the sauce ingredients until combined. Set aside.
 3. For the noodle bowl: Preheat an extra-large skillet or wok over medium-high heat. Add the oil and coat the pan. Add the turnips (roots only) and red pepper, and saute for about 7-10 minutes, until almost tender. Stir frequently, and reduce heat if necessary.
 4. Add the carrots and edamame (if using) to the skillet and saute another couple minutes.
 5. Stir the drained noodles into the stir-fry mixture along with all of the sauce. Add turnip greens. Cook for a couple minutes until the sauce thickens slightly and the carrots soften a bit.
 6. Serve immediately with a garnish of sliced green onion, and sesame seeds.
- * When adding ground pork, cook it in the same pot as the veggies. When using chicken, cook separate and then serve it on top!

This recipe adapted from Oh She Glows

ENJOY!