



TERIYAKI *Noodle* BOWL

INGREDIENTS

- 1 tbsp minced garlic
- 1 tbsp minced ginger
- 1/2 cup tamari sauce
- 2 tbsp maple syrup
- 1 tbsp rice wine vinegar
- 1 tbsp cornstarch + 2 tbsp water
- 1 8oz pkg ramen rice noodles
- 10-12 cremini mushrooms, washed & sliced
- 1/4 cup water
- 1 tbsp safflower oil
- 1/2 tsp salt
- 1/2 yellow onion, diced
- 12-15 snap peas, washed and trimmed
- 1 bunch fresh asparagus, washed & trimmed
- 1 carrot, shaved
- 1 head bok choy, washed and sliced
- 1 bunch broccolini, washed and diced
- 1 red pepper, washed, deseeded & diced
- sriracha sauce, for additional spice

DIRECTIONS

Add the first five ingredients to a small saucepan. Bring the mixture to a simmer.

Blend the cornstarch with 2 tbsp water to create a slurry. Add the slurry to the tamari mixture and continue to simmer, stirring constantly, until the sauce has thickened. Remove from heat and allow to cool. Set aside in an 8 oz mason jar.

Cook the rice noodles al dente according to package directions. Rinse in cold water and set aside.

Add the mushrooms and 1/4 cup of water to a large skillet or wok. Simmer until the water has cooked off.

Add the safflower oil, salt and onions and saute on high heat until the mushrooms & onions begin to brown.

Add the snap peas, fresh asparagus, carrot, bok choy, broccolini and red pepper and saute on high heat until the vegetables are crisp and bright in color.

Add the noodles to the skillet or wok.

Add the teriyaki sauce and toss until the noodles and vegetables are evenly coated. Serve immediately with sriracha sauce as desired.

Serves 2

Cook Time 45