

VEGGIE STIR FRY

3 Servings

Per Serving (assuming 90g soba noodles and tahini stir fry sauce)

Calories 252 Fat 6g, Carbs 42g, Protein 8g

INGREDIENTS

STIR FRY

- 1/4 cup Tahini Stir Fry Sauce
- Noodles – Soba, Vermicelli or Udon are great.
- 2 Tbsp sesame oil
- 4 spring onions, thinly sliced
- 2 cloves garlic, minced
- 3 cups chopped vegetables (cut into bite-sized pieces — I used broccoli, carrot, bok choy, red cabbage, and green beans. You can also use a store-bought stir fry vegetable mix)

Directions:

1. **SAUCE:** If using homemade sauce, prepare at this time.
2. **NOODLES:** Cook the noodles per packet instructions. They should be tender but not mushy as they will continue cooking in the stir-fry. Drain, drizzle with a little bit of sesame oil to prevent sticking.
3. **STIR-FRY:** Heat a large wok or non-stick pan over medium heat. Once hot, Add the sesame oil, onions, and minced garlic. Sauté for ~1-2 minutes or until tender and fragrant.
4. Add in the broccoli (or other sturdy vegetables such as onion, cauliflower, or green beans) and sauté until bright green and slightly tender but still crunchy (~3-5 minutes). Mix in the rest of the vegetables (carrot ribbons, baby bok choy, cabbage, etc), and cook for 3-5 more minutes or until tender.
5. Add the cooked noodles and sauce. Sauté for a couple minutes, tossing constantly (tongs can be helpful) until the noodles are heated through and the sauce and vegetables are evenly dispersed.

Tahini Stir Fry Sauce – a store-bought sauce is OK, I like Marion's Marinades

Ingredients

- 1/4 cup tahini
- 2 Tbsp soy sauce
- 2-4 Tbsp lime or lemon juice
- 2 Tbsp maple syrup
- 1 clove garlic, minced
- 1 Tbsp grated ginger
- 1 1/2 – 2 tsp chili (omit if you prefer less heat)
- 1-3 Tbsp hot water to thin

Instructions

1. Whisk together tahini, soy, lime juice, maple syrup, minced garlic, grated ginger, and chili garlic sauce.
2. Add hot water 1 Tbsp at a time to thin it out
3. Taste and adjust if needed, adding more tahini for creaminess, soy for saltiness, lime juice for acidity, maple syrup for sweetness, garlic or ginger for zing, or chili for heat.
4. Serve in a stir fry. Store leftovers in a sealed container in the fridge for up to 5 days. Whisk in additional water after refrigerating to thin.