

# 15-Minute Sesame Ginger Noodles

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author: [JESS](#) prep time: 10 MINS cook time: 5 MINS

total time: 15 MINS yield: 2 [1x](#) category: DINNER method: COOK

cuisine: ASAIN



## Description

A healthy quick and easy noodle dish that is loaded with flavour! Say hello to the fastest and tastiest dinner!

## Ingredients

SCALE [1x](#) [2x](#) [3x](#)

1/2 pack [brown rice noodles](#) (or regular rice noodles, about 8oz)  
3 cups of baby bok choy  
1 thinly sliced green onion  
[Sesame seeds](#) to top (optional)

### SAUCE

2 garlic cloves, finely chopped  
2 tbsp ginger, finely chopped  
3 tbsp light [soy sauce](#) (gluten-free if needed)  
2 tbsp [maple syrup](#)  
2 tsp [sesame oil](#)  
2 tsp crushed red chillis

## Instructions

- 1 Wash your bok choy, and chop into quarters. Set aside.
- 2 In a small bowl, mix your sauce ingredients together, and set aside.
- 3 Boil your rice noodles according to package directions, until soft.
- 4 In a saucepan on medium heat, pour your sauce in and allow to begin to cook, 1-2 minutes.
- 5 Next add in your bok choy and green onion, mixing well.
- 6 Reduce heat to low and add in your rice noodles.
- 7 Toss together and serve immediately.

## Notes

Depending on how many noodles you use, you may need a bit more or less sauce. Taste and adjust accordingly.

I use a non-stick wok to stir-fry up this recipe to make for an easy clean-up!

## Nutrition

serving size: 1 bowl

calories: 446, fat: 2.6g, fiber: 4.8g, protein: 8.1g



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