

Very Green Vegetarian Asian Noodles from Urban Sacred Garden



I recently spent some time in China and brought home some goodies from the local Asian markets. There were so many things I loved about the food on my trip, and noodles are one that is a simple to prepare favorite. This recipe is full of green veggies and you get the added benefits of Mugwort in the noodles. You can always substitute other Buckwheat noodles or pastas if desired.

Yield: About 6 Cups or 2 Servings

INGREDIENTS

5 oz. Mugwort Soba Noodles (Read about the benefits at Eden Organic)
2 Tbsp Roasted Sesame Extra Virgin Olive Oil*
2 Tbsp Fresh Ginger, de-skinned and cut into small dice
1/2 Tsp Fresh Garlic, chopped
1 Cup Fresh Broccoli Florets
2 Bundles Bok Choy, Coarsely Chopped
1 1/2 Tbsp Soy Sauce
1 Tbsp Lemon White Balsamic Vinegar (or other tangy vinegar favorite)
1 Tsp Black Sesame Seeds
Freshly Ground Sea Salt
Freshly Ground Black Pepper
1 Cup Pea Shoots**, coarsely chopped

*I am lucky to have this tasty treat at a local olive oil shop, but you can substitute Sesame Oil.

** If you can't find shoots, just sub with 1/2 Cup Peas and add at the same time as the Bok Choy.

DIRECTIONS

1. Bring 8 Cups of lightly salted water to a boil in a large pan. Once boiling, add noodles and cook for about 6-8 minutes or as directed on package. Remove from heat and strain noodles in a colander. Allow to cool a little, tossing occasionally to keep from sticking.
2. In a wok or large frying pan heat Sesame Olive Oil over medium heat. Once hot add Ginger, Garlic and Broccoli. Cook for about 2-3 minutes, do not allow the Garlic to burn. Add Bok Choy, Soy Sauce, Lemon Balsamic and Black Sesame Seeds. Toss to mix ingredients and coat veggies. Add Salt and Pepper to taste. Cook for another 2 minutes.
3. Remove from heat. Add Soba Noodles and Pea Shoots to pan. Toss all ingredients together. Serve immediately. Enjoy!