

15 MINUTE VEGETABLE RAMEN STIR FRY

YIELD: 4 SERVINGS

PREP TIME: 7 MINUTES

COOK TIME: 8 MINUTES

TOTAL TIME: 15 MINUTES

DIETARY GLUTEN FREE, VEGAN, VEGETARIAN

INGREDIENTS

- 10 oz ramen noodles (any kind)
- 1 tablespoon olive oil
- 1 cup button mushrooms, sliced
- 1 cup green cabbage, thinly sliced
- 1/2 cup thin asparagus, sliced into 2" pieces
- 1/2 cup frozen shelled edamame
- topping: sesame seeds, green onion



for the stir fry sauce

- 5 tablespoons low sodium soy sauce (or tamari, if gluten free)
- 1-2 tablespoon sriracha (depending on how spicy you want it)
- 1 tablespoon rice wine vinegar
- 1 teaspoon sesame oil
- 1 teaspoon maple syrup or agave
- 1 teaspoon fresh minced ginger

DIRECTIONS:

1. Bring a large pot of water to boil. Add in the ramen noodles and frozen edamame and simmer for 4 minutes. Drain and set aside.
2. While the water is boiling, heat 1 tbsp of olive oil in a large skillet. Add in sliced mushrooms and cabbage and cook for 4-5 minutes, or until vegetables are tender. Add in asparagus and cook for 1-2 more minutes. Turn heat off. Add the ramen and edamame into the vegetable skillet and toss to combine.
3. Prepare the stir fry sauce by whisking all the sauce ingredients together in a bowl. Pour the sauce over the vegetable ramen and toss to coat. Top with sesame seeds and sliced green onion.

Source: pumpkinandpeanutbutter.com

