

Stir Fried Noodles with Fresh Veggies

Ingredients:

8 oz of your choice of noodles (such as udon, soba, or rice noodles)
2 tablespoons vegetable oil
3 cloves garlic, minced
1-inch piece of ginger, minced
2 cups mixed fresh vegetables (bell peppers, snap peas, broccoli, carrots, mushrooms, etc.), sliced or julienned
1/4 cup soy sauce
2 tablespoons oyster sauce (for a non-vegetarian option) or hoisin sauce (for a vegetarian option)
1 tablespoon sesame oil
1 tablespoon rice vinegar or lime juice
Optional toppings: chopped green onions, sesame seeds, sliced chili peppers

Instructions:

Cook the Noodles:

Cook the noodles according to the package instructions. Drain and set aside.

Prepare the Stir-Fry:

In a wok or large skillet, heat the vegetable oil over medium-high heat.

Add minced garlic and ginger, and stir-fry for about 30 seconds until fragrant.

Add Vegetables:

Add the sliced or julienned fresh vegetables to the wok. Stir-fry for 3-5 minutes or until they're slightly tender yet still crisp.

Combine Sauce:

In a bowl, mix together the soy sauce, oyster or hoisin sauce, sesame oil, and rice vinegar or lime juice.

Stir-Fry with Noodles:

Add the cooked and drained noodles to the wok with the stir-fried veggies.

Pour the prepared sauce over the noodles and vegetables. Toss everything together to coat evenly and heat through.

Finish and Serve:

Garnish with optional toppings like chopped green onions, sesame seeds, or sliced chili peppers before serving.