15 MINUTE SESAME GINGER NOODLES

INGREDIENTS

½ pack brown rice noodles (or regular rice noodles)

3 cups of baby bok choy

thinly sliced green onion

sesame seeds to top (optional)

Sauce

2 garlic cloves, finely chopped

2 tbsp ginger, finely chopped

2 tbsp soy sauce (gluten-free if needed)

2 tbsp maple syrup

1 tsp sesame oil

1 tsp crushed red chillies

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, mixing well.

6. Reduce heat to low and add in your rice noodles.

7. Toss together and serve immediately.