



HIBACHI VEGGIE PASTA

Your favorite Asian flavors in this super easy dish that can be served as an entrée or a side dish.

INGREDIENTS:

Vegetables

1 zucchini chopped
2 cups baby bok choy, chopped
1 large onion, chopped
3 cups broccoli florets
2 cups mushrooms, chopped

Seasonings

Salt
Pepper
Olive oil (*grape seed substitute*)
Sesame seeds

Pasta

8 oz dry stir-fry noodles

For the Sauce

1/3 cup low sodium soy sauce
2 Tbsp cornstarch
3/4 cup vegetable broth (*beef broth substitute*)
1 Tbsp honey

2 Tbsp rice vinegar
2 Tbsp sesame oil
1 Tbsp minced garlic
1 Tbsp ginger paste or grated ginger
1 pinch crushed red pepper flakes

COOK TIME
30 MIN

PREP TIME
10 MIN

YIELDS
4-5 SERVINGS



HOW TO MAKE

EXPRESS LANE TIPS:

Use frozen veggies of your choosing (broccoli, carrots, peas, mushrooms, etc.) for a no-prep solution. The sesame-ginger sauce makes a great topping for salads, fish, or eggs. Combine all ingredients except corn starch in a small Mason jar and shake; store in the refrigerator for up to three days.

PERSONALIZE IT:

Use gluten-free soy sauce (tamari), coconut aminos or gluten-free pasta.

STEPS:

1. Chop all vegetables and set aside.
2. In a bowl, whisk together soy sauce and cornstarch until combined well. Whisk in vegetable broth, honey, rice vinegar, garlic, sesame oil, ginger, and crushed red pepper. Set aside.
3. Bring a pot of water to a boil. Cook noodles for 8 to 10 minutes, until tender.
4. Drain and rinse noodles under cold water to stop the cooking.
5. Using a large wok or a nonstick pan, heat 1 to 2 tablespoons of olive oil over medium-high heat. Once hot, add your veggies and sauté for about 5 to 7 minutes, stirring frequently.
6. Stir sauce and add to veggies.
7. Add drained noodles and toss to combine sauce and noodles.
8. Cook for another 2 minutes so everything is coated and warmed through.
9. Top with sesame seeds for garnish and enjoy!