



Rainbow Soba Noodle Stir Fry

SERVES 4

Pillar of Nutrition: Eat the Rainbow

Ingredients

Sauce:

- 1 teaspoon **ginger**, grated
- 1 clove **garlic**, minced
- 2 Tablespoons **orange juice**
- 1 ½ teaspoons **orange zest**
- 3 Tablespoons **soy sauce**
- 1 teaspoon **sesame oil**

Stir Fry

- 2 bundles **Soba Noodles**
- 1 Tablespoon **sesame oil**
- 1 Tablespoon cooking **oil BHI**
- 1 clove **garlic**, minced
- 1 teaspoon **ginger**, grated
- 1 cup **broccoli**, chopped
- 1 cup **purple cabbage**, julienned
- 1 **red bell pepper**, julienned
- 3 **green onions**, sliced

Variations to Try

- Try using a variety of different vegetables
- Add diced cooked chicken or shrimp
- Use whole wheat spaghetti instead of soba noodles

Something to **Chew** On

- What are soba noodles made of?
- What does “al dente” mean?
- You can chop, dice and mince. What is “julienne”?
- What does “Eat the Rainbow” mean?

Directions

1. Bring a large pot of water to boil over high heat.
2. Mince the **garlic** and grate the **ginger** for both the sauce and the stir-fry. Set HALF of this mixture (approximately 2 teaspoons) aside for the stir-fry.
3. Whisk all the **sauce ingredients** together in a bowl or shake in a jar. Set aside.
4. Add the **noodles** to the boiling water and stir. Cook the **noodles** for 5-7 minutes until “al dente”.
5. Drain **noodles** in a colander and rinse with cold water until noodles are cooled.
6. Place rinsed noodles back in the pot and add 1 Tablespoon of **sesame oil**. Mix well and set aside.
7. Cut the **broccoli**, julienne the **cabbage** and the **bell pepper** and slice the **green onions**.
8. Heat the **cooking oil** in a large skillet over medium-high heat until the oil shimmers.
9. Add the reserved **garlic** and **ginger**, and saute until fragrant, about 1 minute
10. Add the **broccoli**, **cabbage**, and **bell pepper** and saute until vegetables are crisp-tender.
11. Mix the **noodles** into the pan with the vegetables and cook on low heat until the noodles are warm.
12. Drizzle the **sauce** over the top of the vegetable and noodle mixture and top with the sliced **green onions**.