

Quick Soba Veggie Stir Fry

By Audrey Plant

Ingredients

1 packet (9.5 ounces) soba noodles
3 tablespoons extra virgin olive oil
1 medium onion, 1/8 inch halves
4 ounces shiitake mushrooms, sliced
1 red bell pepper, sliced thin
3 cups broccoli heads
1 cup carrots, shredded
1 teaspoon fresh ginger, peeled and diced
4 large cloves garlic, diced
3 tablespoons soy sauce
2 tablespoons oyster sauce
1/4 cup sesame oil
1/4 orange juice
1/2 cup green onions, diced for garnish
1 tablespoon sesame seeds, for garnish

Instructions

1. Bring a large pot filled with water to a boil. Add soba noodles to salted water and cook as directed. Remove and drain, place in a large bowl.
2. In a large skillet, preheat with olive oil. Sauté onions, mushrooms, bell pepper, broccoli for 4-5 minutes on medium-high. Add carrots, cook for 1-2 additional minutes.
3. In a blender or small food processor, blend ginger, garlic, soy sauce, oyster sauce, sesame oil, and orange juice. Blend till smooth.
4. While the noodles are still warm, pour the dressing into the mixing bowl. Using tongs, mix in vegetables. Sprinkle green onions and sesame seeds over top and serve immediately.

Notes:

1. The dressing is meant to be poured over the warm noodles.
2. Add protein of your choice over top.
3. Feel free to swap out extra virgin olive oil for your oil of choice.