

Thai Rice Noodle Stir-Fry



Makes:

5 servings, 2 cups each (352 g each)

Utensil:

5 Qt./4.7 L Gourmet Wok with Cover

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Recipe:

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2 cups
vegetable broth
(475
mL)
1/3 cup
lite soy sauce
(80
mL)
2 tablespoons
rice vinegar
(30
mL)

Directions:

1. Preheat wok over medium heat. When several drops of water sprinkled on pan skitter and dissipate, add vegetable broth, soy sauce, vinegar and peanut butter (if using). Mix well until peanut butter is blended.
2. Place Thai rice noodles in broth and coat. Top with cubed tofu (if using).
3. Add frozen vegetables and sprinkle with minced ginger.
4. Cover and cook. When Vapo-Valve™ clicks steadily, reduce temperature to low and cook for 8 minutes.

Tips:

- To add a spicy kick to this dish, add 1 teaspoon (5 mL) spicy chili sauce.

[Nutritional Information per](#)

▼ [Serving](#)

Calories: 262
Total Fat: 6g
Saturated Fat: 1g

Cholesterol: 0mg
Sodium: 1204mg
Total 40g
Carbs:
Dietary Fiber: 6g
Sugar: 2g
Protein: 12g
