

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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Contributed By:

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2

cups

vegetable broth

(475

mL)

¹?₃

cup

lite soy sauce

(80

mL)

2

tablespoons

rice vinegar

(30

mL)

2

tablespoons

peanut butter (optional)

(32

g)

4.4

ounces

Thai rice noodles

(125

g)

14

ounces

tofu, firm, cut into cubes (optional)

(397

g)

16

ounces

frozen or fresh mixed vegetables

(455

g)

1

2-inch (5 cm) piece of ginger, shredded, use Cone #1

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 Carbs:

40g

Dietary Fiber:

6g

Sugar:

2g

Protein:

12g