

Vegetable & Noodle Stir-Fry (Pansit Style)



Makes:

6 servings, approximately 13 ounces each

Utensil:

Saladmaster Food Processor
5 Qt./4.7 L Gourmet Wok with Cover
small mixing bowl

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Recipe:

Contributed By:

Jael Tanti
Authorized Saladmaster Dealer

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2 4-ounce packages Eden bifun noodles
4 celery stalks, sliced, use Cone #4
1 1-inch (2.5-cm) piece ginger root, sliced
2 carrots, strung, use Cone #2
1 bunch baby bok choy, chopped (separate stems and tops)
½ onion, sliced, use Cone #4
2 garlic cloves, sliced, use Cone #4
1 medium zucchini, strung, use Cone #2
¼ head of cabbage, shredded, use Cone #4
1 maitake mushroom
2 cups
snap peas
(126
g)
1 red bell pepper, sliced
2 cups
bean sprouts
(208
g)
¼ cup
black bean soy sauce
(60
mL)
¼ cup
tamari sauce
(60
mL)
3 tablespoons
sesame oil
(45
mL)

Directions:

1. In a small bowl, combine soy sauce, tamari sauce and

- sesame oil. Set aside.
2. Soak noodles in hot water for 5 minutes, drain and set aside.
 3. In wok over medium heat, sauté celery, ginger, carrots, bok choy stems, onion and garlic for 5 minutes. Add soaked noodles and top with $\frac{1}{2}$ of the sauce.
 4. Top noodles with zucchini, cabbage, mushroom, snap peas, bok choy tips, bell peppers and bean sprouts.
 5. Drizzle with remaining sauce, cover and place over medium heat. When Vapo-Valve™ clicks, reduce heat to low and cook for 5 minutes. Mix well and serve.

Nutritional Information per

▼ Serving

Calories: 280
Total Fat: 8g
Saturated Fat: 1g
Cholesterol: 0mg
Sodium: 1167mg
Total 45g
Carbs:
Dietary Fiber: 5g
Sugar: 8g
Protein: 10g