



Rice Noodle Rags with Stir Fry Vegetables

INGREDIENTS

Use in the amounts you have or to suit your needs

Baby Bok Choy, leaves separated
White or Nappa Cabbage, sliced
Purple Cabbage, sliced
Yellow & Orange Pepper, bite sized pieces
Bean Sprouts
Long Hot Pepper, sliced
Scallions, thick slice
Red Onions, large dice
Cilantro, chopped
Rice Noodle Rags
Turmeric
Cayenne Pepper, optional
Olive oil, salt, pepper

**** I USED A PLANCHA TO COOK ALL THE INGREDIENTS. IF YOU DON'T HAVE ONE, USE AN EQUIVALENT, SUCH AS A WOK OR LARGE GRILL PAN.**

INSTRUCTIONS

1. Chop and dice the vegetables into bite sized pieces. Combine them altogether, add oil to the pan and sauté/stir fry the vegetables over medium high heat. Add salt and pepper to taste.
2. Meanwhile, soak the rice noodles in warm water for 15 minutes (or according to the package). Then submerge them in boiling water for another 5 minutes.
3. Once the vegetables are tender but still have a bite, remove them add the cabbage. Add turmeric, and if you want more spice, add a pinch of cayenne pepper. Toss them on the plancha or grill pan and cook until tender. Remove and add the bok choy.
4. Bring all the veggies back on the grill, adding the cooked noodles and bean sprouts. Then toss together just until combined.
5. Top with chopped cilantro, or add a tahini-peanut sauce (recipe on the blog), or enjoy as is.