

- Prep Time: 10 minutes
- Cook Time: 10 minutes
- Total Time: 20 minutes
- Intensity Level: Easy / Weeknight (Requires basic knife skills and quick stirring)

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Ingredients

For the Stir Fry:

- 8 oz dried wheat noodles (such as lo mein, udon, or thin spaghetti)

- 1 tbsp toasted sesame oil
- 1 lb bok choy (about 3-4 heads), washed and separated
- 1 large carrot, julienned or thinly sliced
- 1 red bell pepper, thinly sliced
- 3 cloves garlic, minced
- 1 tbsp fresh ginger, grated
- 2 green onions, sliced (white and green parts separated)
- 1 tbsp toasted sesame seeds (for garnish)
- Optional: 1 block of firm tofu, cubed, or 1 lb of chicken, beef, or shrimp

For the Stir-Fry Sauce:

- 1/4 cup low-sodium soy sauce (or tamari for gluten-free)
- 2 tbsp hoisin sauce

- 1 tbsp rice vinegar
- 1 tbsp maple syrup or honey
- 1 tsp cornstarch
- 1/4 cup water or vegetable broth

Instructions

Step 1: Prepare the Noodles (Time: 5-7 minutes)

1. Bring a large pot of salted water to a boil. Add the noodles and cook according to package directions until just al dente.
2. Drain the noodles and immediately rinse them under cold water to stop the cooking process. This prevents them from becoming mushy.
3. Toss the drained noodles with 1 tbsp of toasted sesame oil to prevent sticking. Set aside.

Step 2: Prep the Vegetables & Sauce (Time: 5 minutes)

1. While the noodles cook, prepare your vegetables. Separate the bok choy stems from the leaves. Cut the stems into 1-inch pieces and roughly chop the leaves. Keep them

separate, as they cook at different rates.

2. In a small bowl or measuring cup, whisk together all the sauce ingredients: soy sauce, hoisin sauce, rice vinegar, maple syrup, cornstarch, and water. Set aside.

Step 3: The Stir Fry (Time: 5-8 minutes)

1. Heat a large wok or skillet over medium-high heat. Add a tablespoon of a neutral oil (like canola or avocado).
2. If using tofu or meat, add it now and cook until browned and cooked through. Remove it from the wok and set it aside.
3. Add the garlic, ginger, and the white parts of the green onions to the hot wok. Stir-fry for 30 seconds until fragrant, being careful not to burn them.
4. Add the carrot and bell pepper. Stir-fry for 2-3 minutes until they begin to soften.
5. Add the bok choy stems and stir-fry for another 2 minutes. They should be crisp-tender.
6. Add the bok choy leaves and the cooked noodles. Pour the sauce over everything.
7. Using tongs, toss the noodles and vegetables continuously for 1-2 minutes. The sauce will thicken and coat everything in a glossy sheen. The bok choy leaves will wilt perfectly.

8. If you cooked tofu or meat, add it back to the wok and toss to combine and heat through.

Step 4: Serve & Garnish (Time: 2 minutes)

1. Remove the wok from the heat.
2. Transfer the stir fry to serving bowls.
3. Garnish generously with the green parts of the sliced green onions and a sprinkle of toasted sesame seeds.
4. Serve immediately and enjoy!

Nutrition Information (Per Serving)

This recipe makes approximately 4 servings. The nutrition information below is an estimate and will vary based on the specific brands and optional ingredients you use.

- Calories: ~380 kcal
- Protein: ~12g (higher if you add tofu or meat)
- Carbohydrates: ~65g

- Fat: ~8g
- Saturated Fat: ~1g
- Fiber: ~5g
- Sugar: ~10g
- Sodium: ~850mg (can be reduced by using low-sodium soy sauce)