

Curried Rice Noodles

From – *Moosewood Restaurant Low-Fat Favorites*

Pasta

½ lb rice stick noodles

Dried Spices

2 tsp curry powder

1 tsp ground cumin

½ tsp turmeric

½ tsp ground coriander

Sauce

2 tbs dry sherry

2 tbs soy sauce

¼ cup water

1 tsp sugar

lime wedges

minced fresh basil, cilantro or scallions

Vegetables

1 tbs minced or pressed garlic

1 tbs grated fresh ginger root

1 tbs canola or other vegetable oil

1 cup thinly sliced onions

1 cup peeled and julienned carrots

1 cup sliced bell peppers

4 cups thinly sliced bok choy

salt and ground black pepper to taste

- Place the noodles in a heatproof bowl and cover them with boiling water.
- Cover the bowl and set it aside
- Mix together the curry powder, cumin, turmeric and coriander in a small bowl.
- In a separate bowl, combine the sherry, soy sauce, water and sugar and set aside.
- In a large nonstick or well-seasoned cast-iron skillet, combine the garlic, ginger and oil and saute` on medium heat for about 2 minutes, stirring constantly.
- Add the onions and carrots and cook for 3 to 5 minutes, stirring often.
- Add the bell peppers and continue to cook, stirring, for about another 4 minutes.
- Add the bok choy and dried spice mixture and cook for 1 or 2 minutes.
- Pour in the sauce mixture, cover and simmer for another 2 minutes or until the bok choy is tender.
- Drain the rice noodles, which should be softened, and add them to the saute`.
- Stir until hot, then season with salt and black pepper to taste.
- Serve with lime wedges and your choice of basil, cilantro or scallions.



For more recipes visit us at
www.HealthyHarvestFarmCSA.com