



## **BOK CHOY WITH MUSHROOMS & SOBA NOODLES**

### **INGREDIENTS**

- 2-3 heads of small bok choy or 1/2 large head, cut into bite size pieces
- 8oz. baby bella or shitake mushrooms, sliced (you can actually use any kind you like)
- 2T peanut oil
- 2 cloves of garlic, thinly sliced
- 1-2 scallions, thinly sliced
- 1T sesame oil
- 2T liquid aminos or soy sauce
- 6oz thin soba noodles
- salt and pepper to taste



### **INSTRUCTIONS**

1. Heat the peanut oil in a large sauté pan; add the mushrooms and a dash of salt. Sauté over medium heat for 3 to 4 minutes, then add the garlic and white parts of the bok choy. Sauté for another 2 minutes.

2. Reduce the heat and add the scallion, sesame oil, green parts of the bok choy and liquid aminos. Break the noodles into approx 2 inch pieces and add to the pan as well. Sauté another 5-7 minutes until the noodles are soft. Season with salt and pepper to taste.

Note: You can substitute any type of pasta that you like. But if you use spaghetti or anything thicker than the soba noodles, you should cook the pasta first and then just add into the pan in the last few minutes.