

This healthy and quick stir-fry with soba noodles and vegetables is a nutritious family meal that's both light and flavorful. It's easily customizable for picky eaters.

## INGREDIENTS

- 8 oz soba noodles (preferably 100% buckwheat for a gluten-free option)
- 1 tablespoon sesame oil
- 1 small onion, thinly sliced
- 1 bell pepper, thinly sliced
- 1 carrot, julienned or thinly sliced
- 1 cup broccoli florets
- 2 tablespoons soy sauce (or tamari for gluten-free)
- 1 tablespoon rice vinegar
- 1 teaspoon honey or maple syrup (optional)
- 1 tablespoon sesame seeds (optional)
- 2 cloves garlic, minced
- Optional protein: tofu, chicken, or shrimp



# Soba Noodle Stir-Fry



4 servings



15 minutes

## DIRECTIONS

1. Cook the noodles: In a pot of boiling water, cook the soba noodles according to the package instructions. Drain and rinse under cold water. Set aside.
2. Prepare the stir-fry sauce: In a small bowl, whisk together the soy sauce, rice vinegar, honey (if using), and sesame oil. Set aside.
3. Stir-fry the vegetables: Heat sesame oil in a large pan or wok over medium-high heat. Add the onions, bell pepper, carrot, and broccoli. Stir-fry for about 5-7 minutes until the vegetables are tender but still crisp.
4. Add the garlic and noodles: Add minced garlic and stir for 1 minute. Then, add the cooked soba noodles to the pan and toss everything together.
5. Combine with the sauce: Pour the stir-fry sauce over the noodles and vegetables. Stir everything together to evenly coat the noodles with the sauce.
6. Serve: Garnish with sesame seeds and serve immediately. If using, top with your choice of protein (tofu, chicken, or shrimp).

## NOTES

To keep the veggies crunchy, keep the ingredients moving so they fry rather than steam.