

# LET'S COOK!

RICE VERMICELLI WITH GREENS



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Servings: 4 Ready in: 30 minutes

Feeding a crowd tonight?

Try this recipe with any pasta and vegetables you have on hand.

8 oz	uncooked rice vermicelli or any cooked pasta noodles e.g., spaghetti
¼ cup	soy sauce
2 tsp	white sugar
2 tsp	sesame oil
2 tbsp	ginger, minced
3 cloves	garlic, minced
1 medium	carrot, julienned
½ medium	red pepper, sliced
3 cups	broccoli, chopped
1 cup	bok choy, chopped
2 tbsp	vegetable oil

## NUTRITION TIPS

To increase the fibre and reduce the salt in this recipe, use:

- Whole wheat noodles
- Reduced sodium soy sauce

To learn more about food safety, visit [york.ca/FoodSafety](http://york.ca/FoodSafety)

## INSTRUCTIONS:

1. Place the vermicelli in a large bowl and cover with boiling water, soak for 5 minutes. Drain and set aside.
2. Mix soy sauce, sugar and sesame oil and set aside.
3. In a large deep frying pan, heat the vegetable oil over medium heat. Cook the ginger and garlic in the hot oil for 10 seconds.
4. Add the carrots and stir for 2 to 3 minutes.
5. Add the red peppers, broccoli and bok choy and stir for another 2 minutes.
6. Add the vermicelli and soy sauce mixture and toss together. Stir until heated through.

**TIP:** For a main meal, add 1 lb of thinly sliced cooked chicken, beef, seafood, firm tofu, tempeh, or edamame. Add protein during step 4.

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