

InSpire Magazine

Featured Recipe

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Asian Inspired Noodles

8 oz (2 cups) dried thin rice noodles
1 tbsp vegetable oil
2 garlic cloves, finely chopped
1 medium fresh red or green chili, seeded and finely chopped
2 small zucchini, cut into matchsticks
1 carrot, cut into matchsticks
8 oz sliced mushrooms
4 to 6 green onions, sliced
1/4 tsp salt
1/4 cup vegetable stock
4 to 6 oz cooked, shelled shrimp
2 tbsp light soy sauce
1/8 tsp five-spice powder, optional

Soak the rice noodles in a bowl of boiling water for 4 minutes, or according to package directions; drain and set aside.

Heat the oil in pan and stir fry garlic and chili for a few seconds, then add the five-spice powder (if desired). Add the remaining vegetables, salt and stock. Bring to a boil. Add the shrimp, rice noodles and soy sauce. Toss, mixing well. Continue to cook, stirring, until all the liquid has been absorbed and the mixture is hot. Serve at once.

Serves 4.