



## Shanghai Stir-Fried Chunky Noodles + Sautéed Bok Choy + Green Tea Shakes

By Erin Fletter

**Prep Time** 30 / **Cook Time** 17 / **Serves** 4 - 6

### Shopping List

- ☐ FRESH
- ☐ 1 C firm tofu **\*\*(see allergy subs below)\*\***
- ☐ 1/2 to 3/4 lb or 2 to 3 C bok choy
- ☐ 2 green onions
- ☐ 1 garlic clove
- ☐ 1 to 2 carrots
- ☐ DAIRY
- ☐ 2 C vanilla yogurt **\*\*(see allergy subs below)\*\***
- ☐ PANTRY
- ☐ 1 lb Shanghai or udon noodles **\*\*(see allergy subs below)\*\***
- ☐ 3 1/2 T vegetable oil **\*\***
- ☐ 3 T soy sauce **\*\*(see allergy subs below)\*\***
- ☐ 2 tsp rice vinegar (or red wine vinegar)
- ☐ 1/2 tsp cornstarch
- ☐ 3 1/2 T sugar/honey/agave syrup
- ☐ 1/4 tsp ground black pepper
- ☐ salt to taste

- ☐ 1 to 2 decaf green tea bags
- ☐ HAVE ON HAND
- ☐ 4 C ice

## Fun-Da-Mentals Kitchen Skills

**slice:** to cut into thin pieces using a sawing motion with your knife.

**knife skills:** Bear Claw (growl), Pinch, Plank, and Bridge (look out for trolls).

**grate:** to reduce food, like a carrot, to very small shreds or pieces of the same size by rubbing it on a tool with an outside surface that has holes with cutting edges (a grater).

**marinate:** to soak food in a seasoned liquid to add flavor and tenderize it before cooking.

**sauté:** to cook or brown food in a pan containing a small quantity of butter, oil, or other fat.

**stir-fry:** to cook meat, fish, or vegetables rapidly over high heat while stirring briskly—used in Asian cooking.

**blend:** to stir together two or more ingredients until just combined; blending is a gentler process than mixing.

**steep:** to soak a food, like tea, in water or other liquid so as to bring out its flavor.

**dissolve:** to stir an ingredient, like sugar, into another ingredient, like water, until they become one substance; or to melt or liquefy a solid food, such as butter, chocolate, or sugar.

## Equipment

- ☐ Large pot or bowl for cooking or soaking noodles
- ☐ Nonstick skillet or wok
- ☐ Mixing bowls
- ☐ Colander or strainer
- ☐ Wooden spoon
- ☐ Cutting board
- ☐ Kid-safe knife
- ☐ Dry measuring cups
- ☐ Measuring spoons
- ☐ Whisk

- ☐ Grater
- ☐ Immersion or regular blender
- ☐ Pitcher
- ☐ Liquid measuring cup

## Ingredients

### Shanghai Stir-Fried Chunky Noodles + Sautéed Bok Choy

- ☐ 1 lb Shanghai or udon noodles **\*\*(for GLUTNE ALLERGY sub rice noodles)\*\***
- ☐ 3 1/2 T vegetable oil, divided **\*\***
- ☐ 1 C firm tofu **\*\*(for SOY ALLERGY sub 1 C mushrooms or 2 eggs, if no allergy)\*\***
- ☐ 3 T soy sauce **\*\*(for GLUTEN/SOY ALLERGY sub coconut aminos)\*\***
- ☐ 2 tsp rice vinegar (or red wine vinegar)
- ☐ 1/2 tsp cornstarch
- ☐ 1/2 to 3/4 lb bok choy (2 to 3 C)
- ☐ 2 green onions
- ☐ 1 garlic clove
- ☐ 1 to 2 carrots
- ☐ 1/2 to 1 tsp sugar/honey/agave nectar
- ☐ 1 pinch ground black pepper + more to taste
- ☐ salt to taste

### Green Tea Shakes

- ☐ 1 to 2 decaf green tea bags
- ☐ 3 T sugar/honey/agave syrup
- ☐ 2 C vanilla yogurt **\*\*(for DAIRY ALLERGY sub dairy-free/nut-free vanilla yogurt OR 2 ripe bananas)\*\***
- ☐ 4 C ice

## Food Allergen Substitutions

### Shanghai Stir-Fried Chunky Noodles + Sautéed Bok Choy

**Gluten/Wheat:** Substitute rice noodles for Shanghai noodles. Substitute coconut aminos for soy sauce.

**Soy:** For 1 C firm tofu, substitute 1 C of mushrooms or 2 eggs (if no egg allergy). Substitute coconut aminos for soy sauce. Substitute canola oil or other nut-free high-smoking point oil for vegetable oil.

## Green Tea Shakes

**DAIRY:** For 2 C vanilla yogurt, substitute dairy-free/nut-free vanilla yogurt OR 2 ripe bananas.

## Instructions

### Shanghai Stir-Fried Chunky Noodles + Sautéed Bok Choy

#### cook + drain + slice

Cook **1 pound noodles** (or soak in hot water) according to package directions. Drain and toss in a bit of oil to prevent sticking! Meanwhile, have your kids slice **1 cup of tofu** as evenly as possible. (If using eggs as a tofu substitute, crack them into a small bowl and whisk.)

#### measure + mix + marinate

In a medium bowl, combine **1/2 tablespoon soy sauce, 2 teaspoons vinegar**, and **1/2 teaspoon cornstarch** and mix well. Add the sliced tofu and marinate until ready to stir-fry. (If using eggs as a tofu substitute, pour the marinade into the eggs and whisk well.)

#### chop + grate

Have your kids chop **1/2 to 3/4 pound bok choy** or 2 to 3 cups, **2 green onions**, and **1 garlic clove**. Grate **1 to 2 carrots**. Combine the onion, garlic, and carrot in one bowl and keep the bok choy separate.

#### measure + combine

In a small bowl, have your kids measure and combine **2 1/2 tablespoons soy sauce, 2 tablespoons vegetable oil, 1/2 to 1 teaspoon sugar**, and **1 pinch of black pepper**. Set aside.

#### heat + sauté

Heat **1 tablespoon of vegetable oil** in a nonstick skillet or wok over medium-high heat on your stovetop. Once the oil is warmed, add the prepared tofu with marinade and the prepared carrots, garlic, and green onions, then sauté. When the tofu and vegetables are just cooked, remove them from the skillet and set them aside. Next, add your cooked noodles and the soy sauce mixture into the hot skillet and stir-fry until piping hot. Lastly, add the chopped bok choy and briefly continue to stir-fry until wilted. Stir in the cooked tofu and season to taste with salt and pepper, if needed. “Hàochī” (How-CHEE) or "Delicious" in Chinese!

## Green Tea Shakes

### steep + dissolve

Heat **1 cup of water** and pour into a blender (or pitcher for use with an immersion blender) with **1 to 2 decaf green tea bags**. Steep for 5 minutes, then remove and discard the tea bags. Have your kids stir **3 tablespoons of sugar or honey** into the tea until completely dissolved. Set to the side to cool.

### add + blend

Add **2 cups yogurt** and **4 cups ice**. Blend until smooth, thick, and creamy. "Ganbei" (Gahn bay) or "Cheers" in Chinese!

## Featured Ingredient: Bok Choy!

Nǐhǎo! (Hello!) I'm Bok Choy and I'm Chinese!

"My Brassica ancestors, part of the Brassicaceae family, go way back—at least 2,000 years, and maybe more! People sometimes say I look like a "soup spoon" because of the shape of the leaves at the end of my stalk. Can you believe I was fully grown just 45 days after I was planted?!"

### History

During an archaeological dig, China discovered seeds of a Brassica species that could be bok choy or one of its close relatives over 6,000 years old! If so, it would be one of the oldest cultivated vegetables in Asia. Bok choy has been grown since at least the 5th century CE. Although the veggie is still grown in China, bok choy is also harvested in other Asian countries, Europe, Canada, and the United States, primarily in California.

### Anatomy & Etymology

Bok choy is a part of the cabbage family! It is also called Chinese cabbage and is related to other cruciferous vegetables of the cabbage family, including mustard, broccoli, and cauliflower.

A head of bok choy has snow-white stems and dark green leaves.

Bok Choy is called by many names all over the world, but "bok choy" is the most common. In Cantonese, a Chinese language, bok choy means "white vegetable."

### How to Pick, Buy, & Eat

Look for bok choy with firm, bright green colored leaves and moist hardy stems. The leaves should be fresh, not limp, and free from signs of browning, yellowing, and small holes.

Bok choy should be kept in a cool environment since warm temperatures will cause it to wilt and will negatively affect its flavor. To store bok choy, put it in a plastic storage bag, remove as much air from the bag as possible, and place it in your refrigerator's crisper drawer. Bok choy will keep for about one week if properly stored.

Unlike some of the other cruciferous vegetables, you can consume all parts of bok choy without much trimming.

Bok choy can be eaten raw, but in Chinese cuisine, it is almost always cooked. It can be stir-fried or used in soups. You can cook and serve the leaves and the stems separately.

Bok choy is known for its mild flavor and is suitable for stir-fries, braising, and soups. You can eat it raw, but it is usually cooked first. Stir-frying enhances its flavor, and a nice sauce, like our soy sauce, makes it even tastier.

You can cook both the leaves and the stalks, but separate them before washing so that both parts are thoroughly cleansed. To ensure your bok choy will be fresh, wait to wash it until you're ready to use it. The portions you don't use will stay fresh in the refrigerator for up to six days.

## Nutrition

Bok Choy has a lot of nutrients that help your body fight cancer, inflammation, and heart disease. Eating a serving ( $\frac{1}{2}$  to 1 cup) of bok choy is good for your eyes, skin, and overall health.

Bok Choy has several carotenoids and vitamin C! These two antioxidants work doubly hard to prevent oxidation in the body. Oxidation is what happens to "rusted" metal. Antioxidants clean up dirty stuff in the body, in other words.

Vitamin A! The high amounts of beta-carotene (a carotenoid) in bok choy convert to vitamin A in the body. Vitamin A protects against some cancers, eye diseases, and skin problems.

Vitamin C strengthens our immune systems and protects our bodies against cancer, eye disease, and heart disease.

Vitamin K helps blood to clot, allowing wounds to heal. It also helps prevent calcium build-up in arteries. Studies are being conducted to see if it helps in building and maintaining bone health.

Traditional Chinese medicine uses bok choy to satisfy thirst, alleviate constipation, help digestion, and treat diabetes.