



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

By Erin Fletter

**Prep Time** 25 / **Cook Time** 15 / **Serves** 4 - 6

### Fun-Da-Mentals Kitchen Skills

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

**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.

### Equipment

- Large bowl or pot for soaking noodles
- Colander
- Dry measuring cups
- Cutting board + kid-safe knife
- Medium bowl
- Measuring spoons
- Small bowl
- Nonstick skillet

### Ingredients

Shanghai Stir-Fried Chunky Noodles + Sautéed Bok Choy

- 1 lb Shanghai (or udon/Asian rice noodles)
- 1 C firm tofu **\*\***(for SOY ALLERGY sub 1 C mushrooms or 2 eggs)**\*\***
- 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
- 3 T vegetable oil (divided)
- 1/2 to 1 tsp sugar/honey/agave nectar
- 1 pinch ground black pepper

## Food Allergen Substitutions

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

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

**Soy:** For 1 C firm tofu, substitute 1 C of mushrooms or 2 eggs, and substitute coconut aminos for soy sauce.

## Instructions

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

#### cook + cut + crack

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 prep your choice of **1 cup tofu**, **1 cup mushrooms**, or **2 eggs**. Cut either the tofu or mushrooms as evenly as possible into slices. If using eggs, crack eggs 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 or mushrooms, if using, and marinate until ready to stir-fry. If using eggs, pour the marinade into the eggs and whisk well.

#### chop + grate

Have your kids chop **1/2 to 3/4 pound bok choy** (2 to 3 C), **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 oil, 1/2 to 1 teaspoon of sugar,** and **1 pinch of black pepper.** Set aside.

### heat + sauté

Heat **1 tablespoon of oil** in a nonstick skillet or wok over medium-high heat on your stovetop. Once the oil is warmed, add the prepared tofu, mushrooms, or eggs with marinade, and the prepared carrots, garlic, and green onions, then sauté. When the tofu or eggs 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 sauté or stir-fry until piping hot. Last, add the chopped bok choy and briefly continue to sauté or stir-fry until wilted. Stir in the cooked tofu, mushrooms, or eggs and season to taste with salt and pepper, if needed. Enjoy!

## 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.

