

# Lean & Green

We make healthy eating second nature

## VEGETARIAN STIR-FRY NOODLES



**No. of servings:** 4

**Per serving:** 1 lean | 3 green | 2 condiments

**Total Time:** 30 minutes

**Cuisine:** Chinese

**Contains:** Dairy, Eggs, Gluten, Soy

### INGREDIENTS

- 1 tbsp canola oil
- 460g lower carbohydrate meatless "chicken", such as Quorn®
- 1 medium (120g) red bell pepper, seeds and membrane removed, sliced
- 400g firm tofu, drained, sliced
- 2 medium (30g) scallions or spring onions, trimmed and chopped
- 1 cup (100g) bean sprouts
- 2 peeled wosun (also known as lettuce stem) (400g), cut, sliced, or "spiralized" into noodle-like strands (should yield 5 cups wosun noodles)
- 2 tbsp soy sauce
- 1 tbsp sesame oil
- 2 large (100g) eggs, beaten
- 1/2 cup (8g) fresh coriander leaves

### DIRECTIONS

1. Heat canola oil in a wok or pan. Stir, cover and simmer the meatless "chicken" for 8 minutes. Stir occasionally.
2. Add the red bell pepper and cook for another 1 minute.
3. Add the tofu and scallions or spring onions. Cook for 1 minute more.
4. Add bean sprouts, "vosun" noodles, soy sauce and sesame oil. Stir to combine well and cook for 1 minute.
5. Pour the beaten eggs evenly over top. Stir briefly for 1 minute until egg is cooked.
6. Turn off the heat. Garnish with coriander and serve hot immediately.

**Tip:** Use an equal amount of shirataki noodles in place of the wosun "noodles" (celtuce). If your noodles have an unpleasant odor, you can drain them and then boil them for 2-3 minutes.

**Per serving:** 330 calories, 31g protein, 12g carbohydrate, 17g fat



OPTAVIA®