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Stir-Fried Noodles with Green Tea

Prep Time: 15 mins

Cook Time: 15 mins

Total Time: 30 mins

Ingredients

- ❖ 8 ounce(s) noodles, udon, or whole-wheat
- ❖ 2 tablespoon oil, canola
- ❖ 1 teaspoon tea leaves, green, preferably gunpowder, (optional)
- ❖ 2 teaspoon ginger, fresh, minced
- ❖ 2 clove(s) garlic, minced
- ❖ 8 ounce(s) tofu, baked, ready-to-eat, teriyaki flavored, or other flavor, cut into matchsticks
- ❖ 1 small pepper(s), red, bell, cut into thin strips
- ❖ 1 small pepper(s), yellow, bell, cut into thin strips
- ❖ 4 medium scallion(s) (green onions), cut diagonally into 2-inch pieces
- ❖ 2 tablespoon soy sauce, reduced-sodium
- ❖ 2 tablespoon vinegar, rice
- ❖ 1 teaspoon oil, toasted sesame
- ❖ 1/4 teaspoon pepper, black ground



Preparation

1. Bring a large pot of water to a boil. Cook noodles according to the package directions. Drain and rinse with cold water to prevent sticking. Set aside.
2. Heat a wok over medium heat. Add oil and swirl to coat. Add tea leaves (if using), ginger and garlic. Cook, stirring, until fragrant, about 30 seconds. Add tofu and cook, stirring, for 2 minutes. Add red and yellow bell peppers and cook, stirring, until the peppers soften, 1 to 2 minutes.
3. Stir in the noodles, scallions, soy sauce and vinegar. Cook, stirring occasionally, until the noodles are heated through, about 2 minutes. Stir in sesame oil and pepper. Toss to combine. Serve warm or cold.