

SPICY GARLIC TOSS FOR NOODLES

A simple sauce that overflows with flavour. A light but lively toss to spark up your noodles.

4-6 cloves garlic, minced **or** crushed

2 tbsp olive oil

¼ cup water

2 tsp Braggs **or** soy sauce

½ tsp paprika

¼ tsp dried basil

¼ tsp dried thyme

¼ tsp dried pepper

¼ tsp salt

dash of cayenne pepper

In a small saucepan, sauté garlic in 1 tablespoon of oil on medium-low heat until garlic is translucent.

Be careful not to burn. Add the water, remaining oil, Braggs, paprika, basil, thyme, pepper, salt, and cayenne and bring to a boil. Simmer for 8-15 minutes. Toss with soba or buckwheat noodles. Serve the noodles with steamed veggies and tofu or eat noodles on their own, right out of the pot, for that bachelor look. Makes 2-4 servings.

Make sauce first, then add to veggies and noodles.

2 green onions

1 large carrot

2 celery ribs

½ large bell pepper

1 c mung bean sprouts

3 mushrooms

1 handful sugar snap pea pods (about 12)

12 oz cooked pasta (can use pre-cooked noodles or noodles cooled to room temp)

Step 1: Julienne cut onions, carrot, celery, pepper and pea pods (longish strips cut on a diagonal) - see picture below for example



Step 2: Prepare garlic sauce as per recipe above

Step 3: Spoon a couple TBSP of garlic sauce into large frying pan, heat on medium and add veggies. Saute for about 3 minutes.

Step 4: Add noodles to pan with veggies and toss to coat. Add the garlic sauce. Stir fry for 3 minutes, tossing veggies and noodles until evenly coated.

Step 5: Garnish with cilantro and serve immediately. Enjoy!