

LUNCH AND LEARN RECIPES 2025

Steak Bites with Miso Ginger Dressing

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These Steak Bites with Miso Ginger Dressing are a glorious exercise in flavor, served with rice and veggies, drizzled with creamy miso ginger dressing.

Serves: [4](#)

Prep: 30 minutes mins

Cook: 5 minutes mins

Total: 35 minutes mins

Ingredients

For the dressing:

- 1 [shallot](#) (peeled and roughly chopped)
- 3 tablespoons [fresh ginger](#) (roughly chopped)
- 1 clove [garlic](#)
- ¼ cup white miso paste
- 2 tablespoons [rice wine vinegar](#)
- ½ teaspoon [sesame oil](#)
- ⅓ cup oil
- 2 tablespoons honey or agave

To assemble the bowls:

- [Cooked rice](#) (or other grain of choice—quinoa, couscous, or farro would all work great)
- A couple handfuls of [bok choy](#) or any leafy vegetable of choice (you can do this cooked or raw!)
- 1 pound steak (ribeye, sirloin, and skirt steak all work well; cut into 1.5 inch cubes)
- 2 tablespoons butter or oil
- 1 teaspoon [dark soy sauce](#)
- [Salt to taste](#)

Instructions

- First, make the dressing by combining all of the ingredients in a blender or food processor until smooth and creamy.
- Before you cook the beef, prepare your grains and veggies. The beef cooks quickly, so you'll want everything ready to go. If you'd prefer to have raw veggies, this step is easy.

If you're cooking the veggies, I cooked mine in the pan drippings from the steak—no additional seasoning required!

- Season the steak with a small pinch of salt and plenty of black pepper. The miso dressing is quite salty, and we'll be using soy sauce, so use your judgment per your tastes.
- Next, heat a skillet over medium-high to high heat. Add 2 tablespoons butter to the skillet
- Next, turn on your ventilation fan; you'll need it! Brown the butter slightly (this will happen without a problem if your pan is as hot as it should be) and add 1 teaspoon dark soy sauce.
- Place some of the meat in the pan in a single layer. It should sizzle loudly when it hits the pan. If it doesn't, the pan isn't hot enough. Don't stir or disrupt the meat for 30 to 45 seconds. You want it to sizzle and brown on one side. Scoop as many steak bites as you can with your spatula and flip them over. Repeat until all the meat is turned. Cook for an additional 30 to 45 seconds—just long enough to sear the outside and make sure you're getting a perfect medium-rare interior.
- Scoop the steak bites and pan drippings out, and then cook the greens in the same pan if desired. To serve, scoop the rice into a bowl, add a handful of steak bites and greens, and drizzle over the ginger miso dressing. Enjoy!

Nutrition Facts

Calories: 781kcal (39%) Carbohydrates: 49g (16%) Protein: 29g (58%) Fat: 53g (82%) Saturated Fat: 14g (70%) Cholesterol: 84mg (28%) Sodium: 1033mg (43%) Potassium: 491mg (14%) Fiber: 2g (8%) Sugar: 11g (12%) Vitamin A: 1770IU (35%) Vitamin C: 16.5mg (20%) Calcium: 66mg (7%) Iron: 3mg (17%)

Vegetable Yakisoba

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Prep: 15 minutes mins

Cook: 10 minutes mins

Total: 25 minutes mins

Ingredients

- 2 tablespoons [mirin](#) (such as Mizkan Mirin Sweet Cooking Seasoning)
- 2 tablespoons ponzu sauce (such as Mizkan Ponzu Citrus-Seasoned Soy Sauce)
- 1 tablespoon [oyster sauce](#) (or vegetarian oyster sauce)
- 2 teaspoons Worcestershire sauce (vegan Worcestershire if making vegetarian)
- 2 tablespoons oil
- 8 [fresh shiitake mushrooms](#) (thinly sliced)
- 1 small onion (peeled and thinly sliced)
- 1 medium carrot (julienned)
- 1 cup green cabbage (julienned)
- 1/2 red bell pepper (julienned)
- 1 pound [fresh yakisoba noodles](#)
- 3 [scallions](#) (julienned)
- [toasted sesame seeds](#) (optional garnish)

Instructions

- In a small bowl, mix together the mirin, Ponzu sauce, oyster sauce, and Worcestershire sauce until thoroughly combined.
- Add 2 tablespoons of oil to the wok, along with the shiitake mushrooms. Stir-fry for 2 minutes and then add the onions, carrots, cabbage, and bell pepper.
- Stir-fry for another 2 minutes, and then add the noodles. Pour the sauce mixture over the noodles. The liquid will help break them up.
- Continue to stir-fry the mixture for another 2-3 minutes until the noodles are heated through. Add the scallions and stir-fry for 1 more minute. Serve, garnished with black sesame seeds if desired.

Nutrition Facts

Calories: 615kcal (31%) Carbohydrates: 85g (28%) Protein: 14g (28%) Fat: 25g (38%) Saturated Fat: 9g (45%) Sodium: 657mg (27%) Potassium: 487mg (14%) Fiber: 5g (20%) Sugar: 8g (9%) Vitamin A: 3134IU (63%) Vitamin C: 31mg (38%) Calcium: 61mg (6%) Iron: 5mg (28%)

MOROCCAN RED LENTIL SOUP

Heat oil and brown vegetables 5-7 minutes:

2-3 Tablespoons olive oil

1 large onion finely chopped

2 cloves garlic finely chopped

1 fresh red chili finely chopped

2 carrots finely chopped

Add in spices and lentils and brown 2-3 minutes to toast the spices:

1 teaspoon ground fenugreek (menthe)

1 teaspoon sugar

1-2 teaspoon cumin seed

1-2 teaspoon coriander seed

1 cup split red lentils

Add and simmer 30-40 minutes:

1 Tablespoon tomato paste

3 pints chicken Stock

salt and pepper

Serve with:

Fresh lemon wedges

Finely chopped red onion

Finely chopped parsley

Kadoo Bouranee (Afghani pumpkin)

Heat :

6 tablespoons olive oil

Brown until reddish:

1-2 medium onions chopped

Add and allow to caramelize:

2 tablespoons tomato paste

Add:

1 lb ground beef or lamb (optional)

4 cloves minced garlic

2 teaspoons minced ginger

2 teaspoons tumeric

1 Tablespoon coriander

1 Tablespoon cumin

red pepper flakes or Aleppo pepper

Add until desired consistency:

tomato juice, chopped canned or fresh tomato

Simmer 20 minutes

Yoghurt Sauce

Combine to taste:

greek style yoghurt

sour cream

minced garlic

salt

fresh dill chopped fine

fresh mint chopped fine

Pumpkin or Squash like butternut, acorn, hubbard,

Preheat oven to 400 degrees

Remove outer skin

Cube in fairly large chumks

Drizzle with olive oil

Roast 20 minutes. Let pumpkin /squash have some texture..you don't want mush.

Serve on a bed of rice with tomato sauce and top with yoghurt sauce

Chicken Mole Enchiladas/ Enmoladas

Prepare according to directions:

Mole sauce. Mole Negro from Oaxaca - Black Mole Paste by Juquilita - 17 oz From Amazon/Whole foods

Assemble and have ready

- Shredded chicken (warmed)
- Sauteed thinly sliced onion
- Corn tortillas
- Vegetable oil
- Mexican queso fresco cheese
- White onion thinly sliced.
- Lettuce and radishes for garnish or any salad that fits your taste are optional.
- Sesame seeds (optional for garnishing)

Add the vegetable oil to a frying pan and turn the heat to high. Once the oil is hot, lower the heat to medium and fry the tortillas, one by one, to fry each size quickly. The tortillas should still be soft and pliable once you remove them from the frying pan. Place the tortillas over the paper towel-covered plate to absorb the oil. Keep them warm.

- After frying all the tortillas, fill them with chicken and onions. Avoid breaking the tortillas
- Fold the tortilla and, with the help of your spatula, place the enchilada on your serving plates.
- Spoon the mole sauce over the enchilada
- Just before serving, garnish with the crumbled cheese and finely sliced onions.
- Add any other optional topping as suggested in the ingredient list.
- Just before serving, garnish with the crumbled cheese and finely sliced onions, radish, cilantro.

