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## Soba Noodle Stir Fry

*Makes 2 servings. Recipe adapted from AARP.*

### Ingredients

4 ounces soba or rice noodles  
6-8 ounces pork tenderloin trimmed  
3 tablespoons water  
2 tablespoons Shao Hsing rice wine or dry sherry (see Note)  
1 tablespoon reduced-sodium soy sauce  
1 teaspoon cornstarch  
1-1/2 teaspoons peanut oil or canola oil  
1/2 medium onion, thinly sliced  
8 ounces bok choy (about 1/2 medium head), trimmed and cut into long, thin strips  
1-1/2 teaspoons chopped garlic  
1-1/2 teaspoons chile-garlic sauce (see Note)  
1 teaspoon toasted sesame seeds

### Nutritional info per serving

Calories: 374  
Total fat: 6g  
Cholesterol: 55mg  
Sodium: 775mg  
Total Carbs: 51g  
Dietary Fiber: 2g  
Protein: 29g  
Potassium: 975mg

### Directions

1. Bring a large saucepan of water to a boil. Add noodles and cook according to package directions. Drain, rinse with cold water and set aside.
2. Meanwhile, slice pork into thin rounds; cut each round into matchsticks. Whisk water, rice wine (or sherry), soy sauce and cornstarch in a small bowl.
3. Heat oil in a large skillet over medium heat. Add onion and cook, stirring occasionally, until beginning to soften, 2 to 3 minutes. Add bok choy and cook, stirring occasionally, until beginning to soften, about 5 minutes. Add the pork, garlic and chile-garlic sauce; cook, stirring, until the pork is just cooked through, 2 to 3 minutes.
4. Whisk the cornstarch mixture again, add it to the pan and bring to a boil. Cook, stirring, until the sauce has thickened, 2 to 4 minutes. Serve the pork and vegetables over the noodles. Sprinkle toasted sesame seeds on top.

### Note

Shao Hsing (or Shaoxing) (a seasoned rice wine) and chile-garlic sauce are available in the Asian section of some supermarkets markets and in Asian food markets.