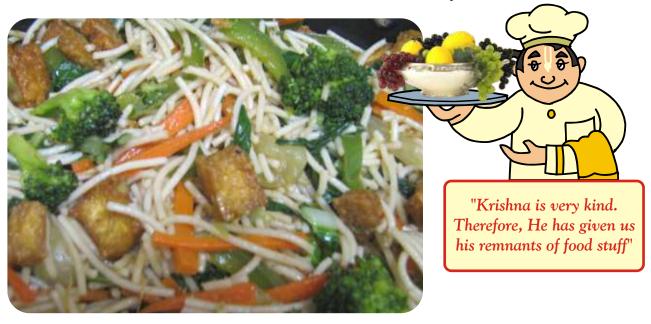
## Stir-Fry Veggie Noodles

by Anand Lila devi dasi

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Ingredients

Rice noodles/rice vermicelli	.350 gm
Firm tofu	2 C
Oil	3 Tbsp
Asafetida powder	1/2 Tsp
Ginger, minced	2 Tbsp
Broccoli cut in flowerets	⅓ C
Bell pepper, cut in long strips	1 C
Carrots, cut in long strips	1 C
Bok choy, both leaves	
and stalk chopped	3 C
Soy sauce	2 Tsp
Salt	l ⅓ Tsp
Oil for deep frying	

**Preparation** 

- 1) Cut the tofu in 1-inch cubes, deep fry them in hot oil. Drain on paper towel.
- 2) Cook the noodles in water according to the directions. Drain it in a colander and rinse with cold water for a few minutes. Keep aside.
- 3) Heat oil in a pan, sprinkle asafetida, sauté the ginger for a few moments, then add all the vegetables. Quickly cover with a lid, allowing the vegetables to steam, for about 2-3 minutes. Add soy sauce, salt, tofu and noodles. Combine well. Serve hot.

Serves: Four to Five

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