



Bronx Cooks Together: Demo Recipe

Whole food, plant-based cooking demo - June 16, 2020

Recipe contributed by Chef Thomas Stevens, [Brick House Pantry](#)

Rice Noodle Stir Fry

8 oz cooked and cooled rice noodles
1/2 small head of red cabbage, thinly sliced
1/2 small head of green cabbage, thinly sliced
2 large carrots, peeled and thinly sliced diagonally
1/2 tsp coarse black pepper
1/2 tsp red pepper flakes (optional)
1 large onion, sliced
1 red bell pepper, sliced
4-5 garlic cloves, minced
1 tablespoon fresh ginger, thinly sliced
1 cup baby spinach
3 scallions, thinly sliced
1/4 cup liquid aminos or tamari
2 cups vegetable broth
Lime wedges for serving

1. You will need to select a wok or skillet large enough to contain all the cabbage - divide everything evenly into two skillets if necessary.
2. Add 1/2 cup of broth to the wok and bring to a boil.
3. Add cabbage and carrots and be sure to loosen the cabbage slices by hand before adding it to the wok. Cover and steam for about 2-3 minutes.
4. Add the onions, bell peppers, garlic, and ginger. Stir to combine and cook for another 2 minutes, adding more broth if needed in 1/4 cupful.
5. Add rice noodles, liquid aminos or tamari, and red and black peppers. Toss thoroughly to combine noodles and vegetables, adding more broth if needed. Cook for another 1-2 minutes or until noodles are heated through.
6. Remove from heat and toss in scallions.
7. Serve immediately with fresh lime wedges.

Chef Salad

Arugula
Cilantro
Mint
Grape tomatoes
Cucumbers
Red onion
Raspberries
Cashews

Dressing:

Sea salt
Black pepper
Liquid aminos or tamari
Lime