

# Year of the Rooster Shanghai Stir-Fried Chunky Noodles + Sautéed Bok Choy + Green Tea Shakes



## shanghai stir-fried chunky noodles

### cook+cut+crack

Cook **1 lb Shanghai noodles, udon noodles, or Asian rice noodles** according to package directions. Drain and toss in a bit of oil to prevent sticking! Meanwhile, have your kids prep your choice of **1 C firm tofu, 1 cup mushrooms, or 2 eggs**. Cut either the tofu or mushrooms as evenly as possible into slices. If using eggs, crack eggs into a small bowl and whisk.

### measure+mix+marinate

In a medium bowl, combine **½ T soy sauce, 2 tsp rice wine or red wine vinegar,** and **½ tsp cornstarch** and mix well. Add the chopped tofu or mushrooms, if using, and marinate until ready to stir fry. If using eggs, pour the marinade into the eggs and whisk well.

### chop+grate

Have your kids chop up **½-¾ lb (2-3 C) bok choy, 2 stalks green onions,** and **1 clove garlic**. Grate **1-2 carrots**. Combine the onion, garlic, and carrot in one bowl and keep the bok choy separate.

### measure+combine

In a small bowl, have your kids measure and combine **2½ T soy sauce, 2 T vegetable oil, ½-1 tsp sugar/honey/agave nectar,** and **a big pinch of black pepper**. Set aside.

:: continued ::

Family Fun Recipes

Sticky Fingers Cooking  
Cultivating 'Cool'inary Curiosity in Kids™

THYME to TURNIP the BEET on WHAT KIDS EAT

www.stickyfingerscooking.com

© 2017 Sticky Fingers Cooking

# heat+sauté

Heat **1 T oil** in a nonstick skillet or wok over medium-high heat on your stovetop. Once the oil is warmed, add the prepared tofu, mushrooms, or egg with its marinade, as well as the prepared carrots, garlic, and green onions, and sauté. When the tofu, vegetables, and/or egg are just cooked, remove from the skillet and set aside. Next, add your cooked noodles and the soy sauce mixture into the hot skillet and sauté/stir-fry until piping hot. Last, add the chopped bok choy and continue to sauté/stir-fry briefly until wilted. Stir in the cooked tofu/eggs/mushrooms and season to taste with **salt** and **pepper**, if needed. Enjoy!



## green tea honey shakes

# steep+discard+dissolve

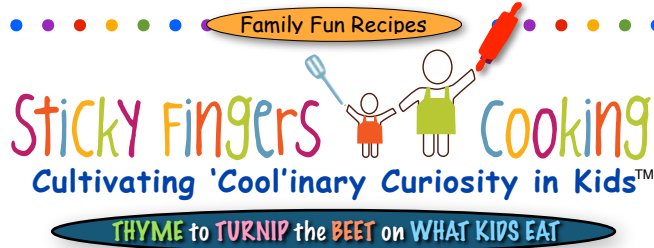
Heat **1 C water** and pour into a pitcher or large heatproof cup with **1-2 decaf green tea bags**. Steep for 5 minutes, remove, and discard the tea bags. Have your kids stir **3 T honey/sugar/agave** into the tea until completely dissolved. Set to the side to cool.

# add+blend

Add **2 C vanilla yogurt** and **4 C ice**. Blend with your blender or an immersion blender in a pitcher until smooth, thick, and creamy.

<b>shopping list</b>	
<b>Shanghai Stir-Fried Chunky Noodles + Bok Choy</b>	
<input type="checkbox"/> 1 C firm tofu or mushrooms, or 2 eggs	<input type="checkbox"/> 2 T vegetable oil
<input type="checkbox"/> 2 tsp rice or red wine vinegar	<input type="checkbox"/> 3 T soy sauce or tamari
<input type="checkbox"/> ½ tsp cornstarch	<input type="checkbox"/> ½ - ¾ lb (2-3 C) bok choy
<input type="checkbox"/> 1 lb cooked Shanghai, udon, or Asian rice noodles	<input type="checkbox"/> 1-2 carrots
<input type="checkbox"/> ½ - 1 tsp sugar/honey/agave nectar	<input type="checkbox"/> 2 stalks green onions
	<input type="checkbox"/> 1 clove garlic
	<input type="checkbox"/> pinch of black pepper
<b>Green Tea Honey Shakes</b>	
<input type="checkbox"/> 2 C vanilla yogurt	<input type="checkbox"/> 3 T honey/sugar/agave nectar
<input type="checkbox"/> 1-2 decaf green tea bags	<input type="checkbox"/> 4 C ice

:: continued ::



## The History of Shanghai Noodles!

**Shanghai noodles, a thickly cut pasta, are Shanghai, China's gift to the wondrous world of noodles!** Served at mostly dumpling restaurants, Shanghai-style fried noodles are usually stir-fried with beef, chicken, or pork (sometimes even shrimp), then cabbage (such as bok choy) and onions. As in most Shanghainese cuisine, a soy sauce base is mandatory. Slurped up at most restaurants in the city, there is no shortage of this dish.

## The surprise ingredient of the week is: Bok Choy!

- ★ **A staple in Asian cooking, this round leafed vegetable is sometimes referred to as white cabbage.** There are many kinds of bok choy that vary in color, taste, and size, including tah tsai and joi choi.
- ★ **Bok choy might look a lot like celery, but it's a member of the cabbage family.**
- ★ **Bok choy is one of the oldest Chinese vegetables - the Chinese have been cultivating the vegetable for more that 5,000 years.** There are more than twenty varieties of bok choy that have been cultivated in China since ancient times. Although bok choy is still grown in China, it is also harvested in California and parts of Canada.
- ★ **Bok choy is known for its mild flavor and is good for stir-fries, braising, and soups.** You can also eat it raw.
- ★ **The leaves and the stalks can both be cooked, but they should be separated before washing to ensure that both parts are thoroughly cleansed.** For optimal freshness, don't wash bok choy until you're ready to use it. Unused parts can stay fresh in the refrigerator for up to 6 days.
- ★ **Bok choy is packed with beta carotene, vitamin C, calcium, magnesium, folate, and potassium.**
- ★ **Bok choy is sometimes called a "soup spoon" because of the shape of its leaves.**

### Time for a laugh!

**Knock, knock! Who's there? Bok! Bok who? Didn't you hear me bokking? It's Bok Choy!**

**What do you call a fake noodle? An impasta!**

Family Fun Recipes

Sticky Fingers Cooking  
Cultivating 'Cool'inary Curiosity in Kids™

THYME to TURNIP the BEET on WHAT KIDS EAT