



Shiitake Sesame Stirfry with Adzuki Noodles & Orange Miso Sauce



This quick stirfry can be served as a side, either warm or chilled, or as a main – just add chickpeas, tempeh, or tofu. As it is, it's loaded with immune- and bone-building nutrients! Shiitake mushrooms can help support immune function, containing high levels of antioxidants, phytonutrients that boost immunity, and vitamin D2. Onion and ginger can help fight off colds and infections. Sesame seeds are one of the richest sources of plant-based calcium. Aka (red) miso is fermented longer than other types – great for your gut, which houses your immune system – with naturally-occurring vitamin K, an important vitamin that aids the function of vitamin D, ensuring it helps calcium reach bones instead of soft tissues. Finally, adzuki noodles are a low-starch, high-protein alternative to regular soba or udon. True plant power all in one bowl! Serves 2.

Ingredients:

- 2 tsp. organic sesame or coconut oil
- ¼ tsp. organic ground ginger, or ½” piece fresh root, peeled and finely chopped
- Pinch cayenne
- 4 oz. (1 package) fresh organic shiitake mushrooms, sliced
- 3 organic green onions, chopped
- ½ package Explore Asian adzuki spaghetti
- 1 Tbsp. organic black sesame seeds + a little more for garnish
- Juice of 1 organic orange
- 1-2 tsp. aka (red) miso paste

Make it a meal:

- 1 cup organic chickpeas OR 6 oz. cubed tempeh or firm tofu (tip: add tempeh at the end of cooking with miso sauce to help preserve most of its probiotic cultures)

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Directions:

Cut mushrooms and green onions (and tofu or tempeh, if using). Set aside.

Prepare noodles according to package directions (they cook very quickly). Set aside.

While the noodles are cooking, in a wok add the sesame oil, ginger, and cayenne, and heat for about a minute over medium heat. Add the mushrooms, green onions, and 1 Tbsp. black sesame seeds (and chickpeas or tofu, if using) and stir-fry until cooked, about 5 minutes.

In a small jar while everything is cooking, juice the orange and add the miso paste. Shake well (if you have a spiral ball such as what comes with a blender bottle for protein shakes, this works well to break up the paste) or mix with a fork.

Drain the noodles and add to the wok, along with the miso sauce (and tempeh, if using). Stir well.

Turn off heat and serve, garnishing with extra sesame seeds as desired (optional: use a different colour like white or brown for a neat presentation effect).