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Broccoli Lemon Tahini Stirfry with Buckwheat Soba

This recipe is a standby favourite in our house! Broccoli is a superfood in its own right, high in vitamins A, C, and K, folate, and minerals calcium, iron, and magnesium. It's also an amazing source of the phytochemical indole-3-carbinol, which helps the liver process estrogens more efficiently – great news for people with estrogen-related health concerns! Along with tahini and chickpeas, this stirfry is a bone-building powerhouse, loaded with calcium, magnesium, iron, and vitamin K. Makes 2 large to 4 smaller servings.

Ingredients:

2 bundles* organic buckwheat soba noodles
1 Tbsp. organic coconut oil
½ tsp. organic ground ginger
Pinch organic cayenne OR up to 1 tsp. chili powder
Pinch sea or Himalayan salt
2 green onions, sliced
2 small-medium stalks fresh broccoli, florets only
1 cup cooked organic chickpeas, drained & rinsed
Juice of ½ organic fresh lemon OR juice of 1 organic fresh lime
1 to 2 Tbsp. tahini
Up to ¼ cup unsweetened coconut milk (optional) OR water
Lemon or lime zest and sesame seeds for garnish (optional)

Directions:

Prepare noodles as package directs. Set aside.

In a large wok over medium heat, melt the coconut oil with the spices and salt until warm. Add the green onions and stirfry about a minute until they start to turn translucent. Add the broccoli and stirfry 3-5 minutes, until bright green but still crisp. Add the chickpeas and lemon/lime juice. Stir in tahini – it helps to add it in small scoops at a time. As the tahini starts to melt, keep stirring to prevent the tahini from sticking to the bottom of the wok, and add coconut milk or water slowly, a little bit at a time, to make a creamy sauce. Continue stirring to coat everything well. Turn off heat.

Run hot water over the noodles to re-warm them, drain, and portion into bowls. Distribute stirfry over the noodles. Top with sesame seeds and lemon/lime zest if desired. Serve.

Time-saving tip: Prepare the noodles at the same time as you cook the stirfry. They should both be ready around the same time.

*Some brands of noodles come in packages that divide the noodles into 3 bundles each held together with a strip of paper. For packages that don't divide this way, use about half the package instead.

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