

Ramen Stir Fry

Would you like to make a quick meal from ingredients you already have on hand? This easy stir fry can either be a side dish, or add more veggies and call it dinner. Ramen noodle packs are readily available and a nice change from rice as a base. Just remember to omit the salt packet as that is what makes this packaged food less than good for you. Make yourself a pot of green tea or pour a Tsingtao beer.



Ingredient list for 2 servings

1 3oz packet Ramen noodles - discard salt package
1T canola oil & 1t sesame oil
2 cups broccoli florets & stems cut in pieces
½ small bell pepper - julienned
2 scallions, sliced
2 cloves garlic, chopped
2 eggs, slightly beaten
1 teaspoon oil
1T soy sauce



- Add noodles to 2c boiling water; stir; cook 3 minutes & drain. Set aside.
- Beat eggs and oil together in a small bowl and set aside.
- Stir fry veggies in large fry pan until tender-crisp; move veggies to edges of pan.
- Add eggs & stir fry til whites are cooked through; mix together with veggies.
- Add noodles & soy sauce; stir to mix ingredients together.

Note: This is “use what you’ve got” recipe. So any leftover veggies from your fridge can be added for color and texture, like mushrooms, snow peas, carrots.