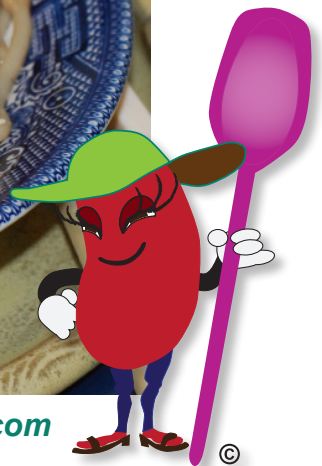


Beans, Rice And Everything Nice

Mushroom Unfried Noodles



original recipe by beansriceeverythingnice.weebly.com



Ingredients

makes 4 servings

1 cup frozen edamame
454 grams/1 pound gluten-free brown rice spaghetti
14 grams/1/2 ounce dried shiitake mushrooms
1-1/2 cups boiling water
2 Tablespoons gluten-free tamari
1 Tablespoon rice vinegar
1 Tablespoon brown sugar
1/2 cup water or vegetable broth
4 green onions, sliced (save one for garnish)
2 cloves garlic, minced
1 cm/1/2 inch ginger, minced
170 grams mixed mushrooms (or 6-8 cremini mushrooms)
1 yellow pepper, sliced into strips
398 ml/14 oz can cut baby corn
227 ml/8 oz can sliced water chestnuts
3 Shanghai bok choy, coarsely chopped
toasted sesame seeds, sliced green onion for garnish

1. Soak the dried mushrooms in boiling water for 15–30 minutes while you prepare the edamame and pasta.
2. Bring a large pot of water to boil over medium-high heat. Add the edamame and boil for 4 minutes. Remove from the pot and run under cold water to stop cooking. Set aside. Add the pasta to the boiling water in the pot and cook according to package instructions. Do not over cook. Drain and rinse off most of the surface starch in cold water.
3. Remove the dried mushrooms from the soaking water and squeeze to get out as much water as possible. Mix the mushroom liquid together with the tamari, rice vinegar, sugar and 1/2 cup water or broth. Set aside. Chop up the dried mushrooms. Set aside.
4. Prepare the vegetables, and drain and rinse the cans of cut baby corn and water chestnuts while the pasta is cooking. Heat a large skillet with a lid over medium heat. Add the green onion and dry saute for a minute or two. Add the garlic and ginger and stir to combine. Add the sliced yellow pepper, fresh and dried mushrooms, chopped stems of the bok choy, water chestnuts, and cut baby corn. Cook for another minute or two, until the mushrooms start to sweat.
5. Add the mushroom water mixture, cover and bring to a boil over medium-high heat. Reduce the heat to medium and add the cooked pasta. Stir everything together to evenly mix. Add the edamame and the bok choy leaves. Cover with a lid, bring to a boil, reduce heat and simmer for 5 minutes. Stir occasionally to keep the pasta from sticking..
6. After 5 minutes, stir once more to evenly distribute the edamame and the bok choy leaves. Serve garnished with freshly sliced green onion, and a sprinkle of toasted sesame seeds.