

Have A Plant[®] Cook Along:
Stir Up More With Mushrooms
March 13, 5:00 pm EST
With Cara Harbstreet, MS, RD

Sponsored by The [Mushroom Council](#)

Shopping List

- Any variety or assortment of mushrooms
- Carrots
- 2 heads of baby bok choy
- Green onions
- Ginger
- Garlic
- Veggie broth
- Soy sauce
- Rice vinegar
- Red chili flakes
- Minced garlic
- Cornstarch
- Ramen-style or yakisoba noodles (or 2–3 packages instant ramen noodles)
- Chili oil + toasted sesame seeds for garnish
- Peanut oil (or any oil with high smoke point and neutral flavor)

SPICY GINGER MUSHROOM NOODLES

Ingredients

- 12 oz. any variety or assortment of mushrooms, sliced (pictured are shiitake, oyster and enoki*)
- 1 cup of shredded or thinly sliced carrots
- 2 heads of baby bok choy, sliced with leafy greens separated
- 1 bunch of green onions, sliced thin with green tops separated
- ¼ cup veggie broth
- 2 tbsp soy sauce
- 1 tbsp rice vinegar
- 2 tsp red chili flakes
- 1 tbsp minced garlic
- ½ tbsp cornstarch
- Ginger and garlic to taste
- ½ lb of ramen-style or yakisoba noodles (or 2–3 packages instant ramen noodles)
- Plenty of chili oil + toasted sesame seeds for garnish
- Peanut oil (or any oil with high smoke point and neutral flavor)

Instructions

1. Pre-cook your noodles and rinse with cold water. Set aside.
2. For the sauce, whisk together veggie broth, soy sauce, rice vinegar, red chili flakes, minced garlic and cornstarch. Set aside.
3. Preheat your wok or skillet to super high heat and add peanut oil. Cook in batches to not overcrowd the pan. In order of longest cooking time to shortest:
 - Carrots + shiitakes, then the oyster and enoki mushrooms.
 - Transfer out, then add the bok choy (minus the greens), the white bottoms of the green onions, and the ginger and garlic.
 - Make some room then add the sauce and stir in the noodles.
 - Finally, add back the cooked mushrooms and carrots.
4. Garnish with toasted sesame seeds, green onions, and as much chili oil as you like.

Notes:

Make sure you have all your ingredients prepped in advance, this recipe moves fast!

You can add chicken, eggs, or shrimp to make it an all-in-one meal.

*Enoki mushrooms should not be eaten raw and should always be thoroughly cooked before consuming.