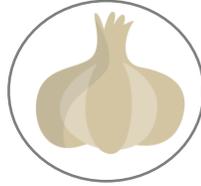


Stir Fry Ramen

Ingredients



Ramen



Garlic



Veggies



Oil

Instructions

Prep:

Prep Time: 5 minutes

Ingredients:

- 1 pack instant ramen
- 1-2 cloves garlic, minced
- 2-4 cups veggies, chopped or sliced
- 1 tablespoon oil

Optional:

- Can use any type of vegetables for this recipe! Cabbage, bell peppers, carrots, broccoli, mushrooms, zucchini, and peas work great in a stir fry. This is a good recipe to use any vegetables that might be going bad soon.
- Any protein option works great for this recipe! Fried tofu, chicken breast, ground beef, eggs, etc.
- It is up to you whether or not you want to use the ramen seasoning packet. Opt for using your own combination of spices and sauces to reduce the sodium.

Sauce Ideas:

- Soy sauce, rice vinegar, brown sugar, broth, and cornstarch are basic ingredients to make a flavorful Asian-inspired sauce. Can substitute brown sugar with honey or maple syrup.
- Try a honey, sriracha/hot sauce, and mayo combination for a spicy and creamy sauce.
- Try mixing in a small scoop of peanut butter to your sauce for a nutty and savory flavor.

Toppings Ideas:

- Top with fresh herbs such as cilantro or green onion.
- Top with chopped nuts or seeds for an extra crunch.

Cook:

Cook Time: 10-15 minutes

Instructions:

1. Cook the ramen according to the package instructions.
Once the ramen is done cooking, drain the water and set aside.
2. While the ramen is cooking, add 1 tablespoon of oil to a pan over medium-high heat. Once hot, add the vegetables to the pan and cook for about 3-5 minutes, or until your liking.
3. Add the garlic to the vegetables. Stir and cook for about 1-2 minutes.
4. Add the ramen noodles to the pan. Stir and cook for about 1-2 minutes. Add any additional seasonings or sauces here.
5. Serve and Enjoy!

