

## Vegetable Stir Fry

### Ingredients:

- 500g Asian noodles (vermicelli)
- 2 cups broccoli florets
- 2 cups carrots, sliced into matchsticks
- 1 cup zucchini, sliced into 1cm pieces
- 2 cups of mushrooms, sliced
- 2 cups cabbage, coarsely chopped
- 3 garlic cloves, crushed
- 4-5 shallots cut in diagonals using green
- 1 tablespoon miso paste
- 1-2 cups vegetable stock
- 4 tablespoons tamari



### Method:

1. Boil plenty of water for the noodles. Stir-fry broccoli, carrots and zucchini in small amount of stock or water until tender but still crisp.
2. Remove from pan. Repeat process with mushrooms and cabbage. Add to broccoli, zucchini and carrots, keep warm. Stir-fry garlic and shallots in remaining water.
3. Mix together miso paste, stock and tamari. At this point, put pasta in boiling water to cook (it does not take long). Add garlic and shallots to the mix and heat until boiling.
4. Stir through all the vegetables through and re-heat. Strain cooked pasta and combine all ingredients. Serve at once.