

Cindie Belner
Corporate Chef
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VEGETABLE & SESAME NOODLE STIR-FRY

Ingredients:

4 Cups fresh linguine noodles
2 Tablespoons canola oil
5 Pounds of Stir Fry #7 (#4680583)
½ Cup sliced shallots
2 Tablespoons minced garlic
2 Teaspoons minced ginger (#3148012)
6 Tablespoons teriyaki sauce
3 Tablespoons toasted sesame oil

1. Place the noodles in a large bowl and cover with boiling water. Set aside.
2. Heat the canola oil in a nonstick wok or large skillet over low heat. Increase the heat and add the vegetables (stir fry #7), shallots, garlic and ginger. Stir fry for 6 minutes.
3. Thoroughly drain the noodles and add to the wok. Drizzle on the teriyaki sauce and sesame oil. Season to taste with salt. Toss well. Stir fry for 3 more minutes.

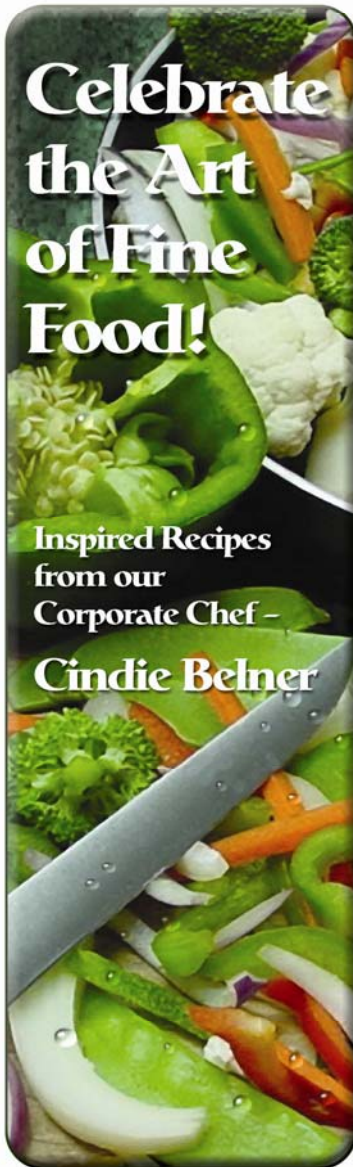
PREPARATION & COOK TIME 15 minutes

MAKES 10 SERVINGS 1 ½ cups each

This is a good source of beneficial omega-3 fatty acids!
173 calories per serving

For Questions or Additional Information:

G.O. Fresh Chef Cindie Belner has cooked up a wealth of menu ideas and recipes to help inspire busy chefs. Contact Cindie for other creations designed to help foodservice operators succeed with customer-pleasing taste sensations. Call 1-800-328-0797, or send an email to cindie@gofresh-precut.com and start receiving her fresh, new recipes automatically.



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