



## **RESET 90/10™ Maintenance** **Buckwheat Ramen Noodle Stir-Fry**

*Buckwheat ramen noodles are a delicious, nutritious alternative to ramen noodles that typically fried and void of nutrients. Buckwheat (wheat -free and derived from a plant in the rhubarb family) has a rich, nutty flavor and is high in protein and iron. They are easy to prepare and may end up a staple in your pantry. The vegetables are be changed up to include any variety that holds up in a stir-fry.*

### **Serves 2:**

2 Tablespoons of coconut oil  
1 cups of sliced red pepper  
1 1/2 Cups of halved sugar snap peas (don't forget to remove the veins - google that if you are scratching your head)  
1/2 diced onion  
1 1/2 Cups of Broccoli florets  
1- 8 oz can well-rinsed water chestnuts, diced  
2 packs of ramen noodles (each serving size is about 2.5 ounces)  
Sliced scallions, chopped cilantro and toasted sesame seeds to garnish

### **Sauce:**

1 Tablespoon of tahini  
1/2 teaspoon of fresh ground ginger ( if you love ginger, use more)  
1 Tablespoon of maple syrup or raw honey  
2 Tablespoons of coconut amino soy alternative  
1 teaspoon of red chili paste (sub tomato paste and 1/4 teaspoon of cayenne pepper)  
1/2 Cup of vegetable broth  
1/2 Cup canned coconut milk (you can freeze whatever you don't use for another time)

1. Make the sauce first by combing tahini thorough red chili paste together, whisk to incorporate all ingredients. Set aside.
2. Heat oil in a large wok or cast iron pan, add peppers, onion, peas, broccoli and water chestnuts. Cook, stirring constantly for about 4-5 minutes. Remove the pan from the heat, put cooked vegetables in a bowl and set aside.
3. Cook the ramen noodles according to the manufacturer's instructions (I lean more towards undercooked so they do not become too mushy later on - I definitely recommend), rinse with cold water and set aside.

4. In the same pan, add your sauce on medium heat and stir over heat until the sauce gets hot, add vegetable broth and coconut milk and incorporate the ingredients into the sauce. Fold in the the cooled ramen noodles carefully followed by the vegetables. Mix well, remove from heat. Serve immediately and garnish before serving.