



# Rice Vermicelli

YIELDS: 6 servings

PREP TIME: 30 minutes

## Ingredients

- 250 g (8 oz) uncooked rice vermicelli
- 60 mL (¼ cup) soy sauce
- 10 mL (2 tsp) white sugar
- 10 mL (2 tsp) sesame oil
- 1 bulb of fresh ginger (2 tbsp minced)
- 3 cloves garlic
- 1 medium carrot
- 1 small head of broccoli (approximately 3 cups chopped)
- 1 red pepper
- 1 small head of bok choy
- 30 mL (2 tbsp) vegetable oil



Figure 1. Rice Vermicelli

EQUIPMENT: Electric skillet | large mixing bowl | colander | 4 cutting boards | 4 knives | spatula | liquid measuring cup | measuring spoons | tongs

## Directions

1. Place the vermicelli in a large bowl and cover with boiling water. Soak for 5 minutes or until tender. Drain and set aside.
2. Mix together the soy sauce, sugar and sesame oil and set aside.
3. Thoroughly wash all produce under cool running water.
4. Mince ginger and garlic. Peel and julienne carrot. Chop broccoli into small florets. Julienne red pepper. Chop bok choy.
5. In the skillet, heat the vegetable oil over medium heat. Use a spatula to spread the vegetable oil around the skillet.
6. Cook ginger and garlic in the hot oil for 10 seconds. Add the carrots and broccoli and stir fry 2-3 minutes. Add the red peppers and stir fry for an additional 2 minutes.



7. Add the bok choy, vermicelli and soy sauce mixture and toss together. Stir fry until heated through.

**CHEF'S TIP:** Rice vermicelli noodles can be found in many grocery stores in the Asian specialty section/aisle. If you can't find them, you can substitute cooked spaghetti noodles.