



# Ramen Noodles

## *with Mushroom, Scallion and Bok Choy*

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### RECIPE

**Harvest:** bok choy, scallion, mushroom  
**12 servings**

#### Supplies

- Induction cooktop and large pot (10 quart min)
- Colander and kitchen towels for washing veg
- Cutting board & Knives
- Mixing bowls
- Plates, forks and napkins for serving

#### Ingredients

- ¼ cup avocado, sesame or grapeseed oil
- 5 large heads, or 10 baby heads bok choy, diced
- 1 bunch carrots, sliced into thin rounds (approx 4-6 carrots)
- 2 bunches scallions (approx 12 green onions), chopped, whites and greens separated
- 1 lb shitake or oyster mushrooms, diced (approx 4 cups)
- 2 inches of ginger, grated (optional)
- 6 cloves garlic, grated
- 1 cup low sodium soy sauce
- 2 quarts water
- 1 quart low sodium vegetable broth
- 1/4 cup rice vinegar
- 12 servings ramen noodles (without seasoning)

#### Directions

- Heat sesame oil in a pan over medium heat. Add the whites of the green onions, and mushrooms to the pan. Stir to combine and cook for 2-3 minutes. Add the garlic and carrots, stirring and cooking for an additional minute.
- Add water and broth to the pot and bring to boil. Once boiling, add the noodles and stir to prevent clumping, following the noodle packaging for exact timing. When the noodles are almost done, add the bok choy, soy sauce, and rice vinegar. Once the bok choy has wilted, taste for seasoning, garnish with the green scallion tops and serve.

#### Notes

- Activity idea: grow an indoor mushroom grow kit in the classroom so students can watch it grow! Kits can be bought for starting at \$20 online.

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*Recipes created by chef/writer Nina Anakar for The School Garden Network's Cooking From The Garden program.*

