



## Asian “Noodle” Stir-Fry

**Prep: 15 minutes**

**Cook: 6 minutes • Serves: 2**

- 3 medium carrots
- 1 small daikon radish
- 1 tablespoon avocado oil
- 1 tablespoon chili garlic sauce
- 1½ teaspoons grated peeled fresh ginger
- 2 green onions, sliced
- 1½ cups sliced shiitake mushrooms
- 1½ cups sugar snap peas
- ⅛ teaspoon salt
- 1 teaspoon sesame oil
- 2 tablespoons chopped dry roasted peanuts
- Sliced fresh basil leaves for garnish (optional)

**1.** Cut carrots and daikon on largest holes of box grater, mandolin-style grater or spiralizing tool.

**2.** In large skillet, heat avocado oil over medium heat. Add chili garlic sauce and ginger; cook 1 minute, stirring frequently. Stir in green onions, mushrooms and snap peas; cook 2 minutes, stirring frequently. Stir in carrots, daikon and salt; cook 2 minutes, stirring frequently.

**3.** Remove skillet from heat; stir in sesame oil. Serve topped with peanuts and basil, if desired.

*Approximate nutritional values per serving:*

*259 Calories, 14g Fat (2g Saturated), 0mg Cholesterol,  
399mg Sodium, 28g Carbohydrates, 8g Fiber, 7g Protein*