

Shirataki Noodles

- 1 lb shirataki noodles, very well rinsed, strained, dried and roughly cut
- 1 T coconut oil
- 1 red onion, roughly chopped
- 3 Japanese eggplant, sliced 1/4-inch thick on an angle
- 6 c thinly sliced mushrooms: oyster, **shiitake**, cremini
- 1/4 c low-sodium soy sauce, divided
- 3 T seasoned rice vinegar, divided
- 2 t sesame oil, divided
- finely chopped coloured bell pepper, chopped basil leaves, sliced scallions, quartered lime, Sriracha chili sauce as garnish

Add oil to a large frying pan on medium-high heat. Sauté onion, mushroom and eggplant until softened, about 8 minutes, adding two tablespoons each of soy sauce and rice vinegar half way through. Transfer vegetables to a platter and garnish with a teaspoon of sesame oil.

Add the noodles to the hot pan along with 2 tablespoons of the soy sauce. Cook, stirring for about 8 minutes. Add a tablespoon of the rice vinegar. Remove from heat. Serve noodles on top of the vegetables and garnished with peppers, cilantro and scallion. Offer lime and Sriracha sauce on the side. Serves 3-4.

Jittery Cook