

## Chinese Soft Noodles with Stir Fry Vegetables

1 package spaghetti  
1 teaspoon salt  
2 tablespoons sesame oil + 1 tablespoon canola oil  
2 tablespoons vegetable oil- not olive!  
1/3 cup finely chopped onion  
2 cloves finely chopped garlic  
1 slice fresh ginger peeled and diced  
4-6 tablespoons soy sauce  
2-3 stalks celery sliced thin on the diagonal  
2 carrots, peeled and sliced thin on the diagonal  
20 mushrooms cleaned and cut into large slices  
3 green onions cleaned and sliced  
1 red pepper sliced thinly  
1 1/2 tablespoons cornstarch  
1 1/2 tablespoons chicken or vegetable soup powder  
1 1/2 cups boiling water  
salt only after tasting, usually not needed

### Directions:

Prepare spaghetti according to package directions, in rolling boil water with the salt and a drizzle of vegetable oil. Immediately drain and return to pot, tossing with half the soy sauce (I use the whole amount, so 3 tablespoons) and the sesame oil and one tablespoon of vegetable oil. Toss very well till completely coated and set aside.

In non stick pan, place the 2 tablespoons of vegetable oil and add the chopped onion, garlic and ginger, quickly sauteeing till fragrant but **DO NOT BROWN!!** This takes about a minute or so. Pull pot off fire. Add the celery, carrots, green onions and red pepper and add rest of soy sauce and stir and toss on the fire till lightly stir fried, add mushrooms toss briefly and pull pot off stove again, adding soup powder and through a sieve or sifter, the cornstarch and toss and cook slowly adding the boiling water. Cook just till the sauce thickens up, about 5 minutes, maybe even less. As soon as thickened, add to noodles and toss thoroughly to combine both mixtures. Serve hot.