

# Bok Choy, Mushroom and Kelp Noodle Stir Fry

Gluten Free, Dairy Free, Vegan, Paleo

4 servings

1 12 ounce bag [kelp noodles](#)  
1 Tb coconut oil  
2 tsp grated ginger  
2 cloves garlic minced  
1 large shallots, thinly sliced (about 1/4 cup)  
10 shitake or white mushrooms, sliced half or thirds depending on the size (about 1/2 lb)  
2 cups thinly sliced bok choy stems  
3 cups thinly sliced bok choy greens  
1 cup carrots, julienned or shredded  
2 Tb apple cider vinegar  
2 tsp wheat free tamari  
1/2 tsp coconut sugar or a few drops stevia  
2 Tb toasted sesame oil  
1/2 tsp Celtic sea salt  
Chopped scallions (optional)  
Chopped cilantro (optional)

- Soak kelp noodles while you prepare the other ingredients.
- Cut up everything before you start and place into separate bowls.
- Drain the kelp noodles, dry on a kitchen towel. Since the noodles are very long, cut them into thirds by making 3 even cuts.
- Heat coconut oil in a large sauté pan or cast iron skillet
- Add garlic, ginger and shallots. Sauté on medium, for a few minutes until shallots begin to soften.
- Add mushrooms and bok choy stems. Sauté for 3-4 minutes or until soft.
- Add carrots and bok choy greens. Sauté 2-3 minutes until tender.
- Add apple cider vinegar, tamari, sweetener, sesame oil and sea salt. Toss to coat the vegetables.
- Stir in the kelp noodles. Turn off the heat.
- Taste to adjust salt, vinegar and sweet.
- Served garnished with cilantro and scallions.