



Judita Wignall's new book, 'Going Raw: Everything You Need to Start Your Own Raw Food Diet and Lifestyle Revolution at Home' [Quarry Books], next to a photo of her easy-to-make dish, raw Asian Noodle 'Stir Fry'

Asian Noodle 'Stir Fry' – A Raw Food Dish from Chef Judita Wignall

Makes Four Servings

Soak time: 30 minutes

Prep time: 1 hour 25 minutes

For a 'stir fry' this is incredibly light, yet still filling, and a favorite among my friends because of its wonderful array of Asian flavors.

Noodles

- 1 package (12 ounces) kelp noodles
- juice of one small lemon
- 1/2 cup arame, soaked 5 minutes
- 2 cups packed baby spinach
- 2 cups shredded napa cabbage
- 1 cup thinly sliced shitake mushrooms
- 1/2 cup bean sprouts
- 2 scallions, green and white parts thinly sliced
- 1 large carrot, julienned
- 1 tablespoon black sesame seeds
- 1/4 cup almonds, chopped

Loosen and rinse kelp noodles. Place in a medium size bowl and cover with water. Add the lemon juice and allow to soak for at least 30 minutes. This will soften the noodles.

Rinse and drain well and transfer to a large bowl.

Add soaked arame, spinach, cabbage, mushrooms, bean sprouts, scallions, carrot and sesame seeds and toss.

Sauce

- 1/3 cup tamari
- 3 tablespoons palm sugar
- 1 tablespoon grated ginger
- 1 tablespoon toasted sesame oil
- 1 teaspoon sea salt
- 1 clove garlic, crushed or finely minced
- 1/2 teaspoon crushed red pepper

To make the sauce, combine tamari, palm sugar, ginger, sesame oil, garlic and crushed red pepper in a blender. Pour sauce over noodles and toss.

Let sit for one hour to allow flavors to mingle. You may even place them in your dehydrator for one hour at 145 degrees for a warm noodle dish.

Top each serving with chopped almonds.

Will keep for one day in the refrigerator.

Note: Kelp noodles are what remains when the outer skin of kelp is removed. They are indeed raw and make a great alternative to flour noodles. They're neutral tasting and will take on whatever flavor or sauce you dress them in.