

Oriental Spicy Bok Choy Noodles

Yield: 4 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/indian-kale-or-bok-choy-recipe>

Ingredients:

- 2 tablespoons olive oil
- 1 teaspoon crushed red pepper flakes
- 1 teaspoon ginger
- 1 head bok choy chopped
- 1/2 cup kale chopped
- 8 ounces sliced mushrooms
- 4 cups chicken broth
- 12 ounces rice noodles
- salt
- pepper

Nutrition:

1. Calories: 460 calories
2. Carbohydrate: 81 grams
3. Fat: 10 grams
4. Fiber: 5 grams
5. Protein: 14 grams
6. SaturatedFat: 1 grams
7. Sodium: 560 milligrams
8. Sugar: 3 grams

Thank you for visiting our website. Hope you enjoy Oriental Spicy Bok Choy Noodles above. You can see more 20 indian kale or bok choy recipe Savor the mouthwatering goodness! to get more great cooking ideas.