

# Bison Stir Fry

*Mix and match meat, veggies, and sauces to create your own dish straight from Hong Kong!*



## Ingredients:

- Hakka noodles
- Your choice of meat or a substitute (chicken, tofu, etc.)
- Your choice of vegetables (baby corn, broccoli, shredded carrots, mushrooms, lima beans, peppers, etc.)
- Seasoning - we recommend salt and pepper
- Sauces - we recommend soy sauce (traditional), Tabasco (for a kick), Frank's Red Hot (adds some flavor)

## Directions:

1. Grab bowl and combine noodles, meat/substitute, and vegetables
2. Toss ingredients until combined
3. Choose correct grill according to signage and spray grill surface
4. Pour ingredients onto surface and frequently move around with spatula
5. When food is heated evenly, after a few minutes - vegetables will be soft, add spices and sauce
6. Mix thoroughly and put onto plate
7. Enjoy!

*Per Serving:*

*Calories: 403*

*Protein: 31.2 g*

*Fat: 7 g*

*Carbohydrates: 59.9 g*

*Fiber: 11.7 g*

*\*using Hakka noodles, chicken, baby corn, broccoli, peppers, and soy sauce\**

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