



Total Time  
**40 MIN.**

Serving Size  
**1 BOWL**

Difficulty  
**EASY**

This light and lively stir-fry is accented with sesame seeds and spices for a fresh healthy lunch or dinner plate.

Yields  
**9**



**TIP**

Heat 1 tbsp (15 mL) oil in skillet set over high heat; stir-fry 4 to 5 shrimp, 5 to 6 mushrooms and pinch of salt for about 1 minute or until shrimp start to curl and turn pink. Stir in 4 to 5 florets broccolini; stir-fry for 1 minute. Stir in 1 cup (250 mL/6.5 oz) soup mixture; bring to boil. Stir in 1 cup (250 mL) soba noodles; cook for about 1 minute or until sauce thickens and clings to noodles. Transfer to serving dish. Garnish with 1 tbsp (15 mL) green onions, 1 tsp (5 mL) sesame seeds and 1 tsp (5 mL) sriracha hot sauce.

**INGREDIENTS**

**WEIGHT**

**MEASURE**

Campbell's® Verve® Carrot and Parsnip with Ginger	1 pouch (4 lb)	1 pouch (1.81kg)
water	2 cups	500 mL
soy sauce	3 cup	175 mL
rice vinegar	6 tbsp	90 mL
minced garlic	3 tbsp	45 mL
sesame oil	3 tbsp	45 mL
granulated sugar	1 tbsp	15 mL
diced seeded fresh red chili pepper	1 tsp	8 mL
soba noodles	1 lb	680 g
canola oil	3 cup	175 mL
peeled deveined shrimp, tails removed (16/20 count)	3 lb	
whole baby button mushrooms	1 lb	454 g
salt	9 pinches	9 pinches
broccolini, blanched	3 bunches (1 lb)	3 bunches (454 g)
green onions, thinly sliced	6 (1/4 cup)	6 (0.2 oz)
sesame seeds	3 tbsp	45 mL
sriracha hot sauce	3 tbsp	45 mL

**INSTRUCTIONS**

1. In large bowl, whisk together soup, water, soy sauce, vinegar, garlic, sesame oil, sugar and chili pepper.
2. In pot of boiling water, blanch soba noodles for 3 to 5 minutes; drain and rinse in cold water.