

# Philippines | Vegetarian Pancit Bihon



**NOURISH**  
BY STANFORD CARE



Vegetarian Pancit Bihon are Filipino rice noodles with veggies. It's a fresh and simple stir-fry that cooks up in minutes! Rice noodles make it gluten-free.

30 MINUTES | SERVES 8

## INGREDIENTS

6 oz rice noodles, dry

1 tbsp canola oil

1 onion

3 cloves garlic

1 lb oyster mushrooms

10 oz tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)

3 tbsp soy sauce, reduced sodium, made from hydrolyzed vegetable protein

1 tbsp fish sauce

8 cups cabbage, chinese (pe-tsai), shredded

2 large carrots

2 stalks celery

1 cup peas, edible-podded

980 grams vegetable stock, low sodium

20 grams vegetarian oyster sauce

1 tbsp annatto powder

## INSTRUCTIONS

1. Bring the vegetable stock to a boil in a large pot. Once boiling, add the noodles and cook for about 3 minutes. Separate the noodles from the stock by draining and save both in separate containers.
2. In a large wok, heat oil over medium-low heat. Sauté the onion and garlic. When the onion is transparent, add the mushrooms and tofu. Season with soy sauce, fish sauce, oyster sauce, annatto powder, and pepper.
3. Add vegetables, stirring occasionally. Add a little extra oil or reserved stock to avoid sticking. When the vegetables are crisp yet tender, add all the noodles and the stock one cup at a time, taking care to not let the noodles get too soggy. Stir well until well incorporated.
4. Garnish with cilantro and serve with a squeeze of lemon.

*This recipe is kitchen-tested by Chef Irfan Dama and nutritionally approved by Stanford CARE registered dietitian, Lily Phan.*



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