

Veggie Lo Mein

Meal course: Dinner

Meal type: Vegan

Country of origin: China

Difficulty: Easy

Servings: 2

Total time: 20 minutes

Ingredients

135g dry lo mein noodles

For the lo mein sauce

2 TSPs sesame oil

1 TSP sriracha (or chili paste)

3 TBSPs soy sauce

1/8 TSP white pepper

2 TBSPs Chinese cooking wine

1/4 TSP liquid smoke (optional)

1 TSP maple syrup, sugar or honey

For the lo mein stir fry

1 TSP ginger, minced

200g green peas

2 TBSPs wok oil, peanut oil or coconut oil

60g matchstick carrots

1/2 red bell pepper, thinly sliced

3 garlic cloves, rough chopped

2 scallions, sliced (for garnish)

1 egg, boiled, peeled and halved

Nutrition Facts

	Amount per serving
Calories	456
Total Fat	29.4g
Saturated Fat	5.2g
Total Carbohydrate	36g
Dietary Fiber	7g
Total Sugars	14.5g
Protein	13g
Cholesterol	309mg
Vitamin D	27IU
Calcium	122mg
Iron	5.04mg
Potassium	603mg
Sodium	757mg

Instructions

1. Prepare noodles as per instructions on the package.
2. Add all sauce ingredients to a bowl and stir well.
3. Prepare vegetables and keep them aside.
4. Preheat oil in a skillet and add in ginger and garlic. Sauté for 2 minutes, then add in peas, carrots and bell pepper. Cook for 3-4 minutes, until crisp and tender, stirring often.
5. Add in cooked noodles and stir well.
6. Pour in the prepared sauce and toss again for 2 minutes.
7. Transfer to a serving bowl and garnish with green onion.

Notes: you can cook Lo Main with various add-ons. It can be beef, chicken, vegetables or even tofu. This dish a great source of healthy proteins, perfect for high protein diet.