

Lo Mein Noodles

By Sylvia Fountain from feastingfromhome.com

Ingredients

4-5 ounces dry lo mein noodles – typically thin egg noodles, but sub any noodle you like- soba, GF noodles, whole wheat linguini, etc. If using fresh noodles, weight will be different, basically use enough for two servings.

Lo Mein Sauce:

3 tablespoons soy sauce

2 tablespoons Chinese cooking wine (or mirin, or sub 1 1/2 tablespoons water mixed with 1/2 teaspoon rice vinegar and 1/2 teaspoon honey)

2 teaspoons sesame oil

1 teaspoon maple syrup, sugar or honey

1/8 teaspoon white pepper

½ – 1 teaspoon sriracha (or chili paste)

Optional Sauce Additions: 1 tablespoon oyster sauce and 1/4 teaspoon liquid smoke

Lo Mein Stir Fry:

2 tablespoons wok oil, peanut oil or coconut oil

1/2 onion, thinly sliced (1 cup)

2 cups sliced mushrooms

4 garlic cloves, roughly chopped

1 teaspoon ginger, minced

1/2 red bell pepper, thinly sliced

1 cup matchstick carrots

1 cup shredded cabbage

1 cup snow peas

Other options: a handful of baby spinach, bok choy, shredded veggies like brussel sprouts, bean sprouts. Asparagus or other roasted veggies.

Garnish: scallions, sliced

Optional Additions: Crispy Tofu, chicken breast, shrimp, thinly sliced beef, etc.

Instructions:

1. Set water to boil and cook the noodles according to directions on the package.
2. Stir together the Lo mein Sauce ingredients in a small bowl.

3. Prep any and all veggies and set near the stove.
4. In a wok or large skillet, heat oil over medium-high heat. Add the onions and mushrooms and saute 3-4 minutes, stirring continuously. Turn heat to medium, add the garlic and ginger and saute 2 minutes. Add the bell pepper, carrots, cabbage and snow peas and stir often, just letting them get tender, but still crisp, 3-4 minutes.
5. Add the noodles and give a good stir and toss a few times to incorporate.
6. Add the Lo Mein Sauce and stir and toss continuously for 2 minutes. If it gets too dry add a little splash of water to loosen.
7. Serve in two bowls, garnish with green onion.