

Vegetable Lo Mein

Serves 2

2 bell peppers diced, (or a bag of frozen peppers)
1 Tbl grapeseed oil (canola or olive would be fine, too)
8 oz pkg lo mein noodles (or linguine)
2 c veggie broth (or ckn broth)
Water chestnuts, opt
Bamboo shoots, opt
Sesame seeds, opt garnish
Any other veggie you want to stir fry , opt
Cornstarch (to thicken sauce), opt

For the sauce:

5 Tbl low sodium soy sauce
1 Tbl rice vinegar
1 Tbl Hoisin sauce
1 tsp toasted sesame oil
1/2 tsp red pepper flakes
1/2 - 1 tsp roasted red chili paste
~1 Tbl freshly grated ginger (couple pinches of ground)
~1/4 c thinly sliced scallions (~4 individual)
3 cloves garlic
Pinch of kosher salt
Pinch of white pepper
2 Tbl dry sherry (NOT cooking sherry)

First make the sauce. Just add all the ingredients to a bowl, whisk and set aside.

Heat grapeseed oil in a deep sauté pan or wok. Add peppers and sauté ~3-5 minutes. Add water chestnuts and/or bamboo shoots, if using, and sauté a minute or two longer.

Pour in sauce, add lo mein noodles and veggie broth. Simmer, half covered, until noodles are soft. Uncover and simmer, stirring occasionally, til sauce thickens. If I use frozen peppers, I usually need to add ~ 1/2 -1 tsp cornstarch to help thicken the sauce.

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