

GUASTELLO'S VILLAGE MARKET

15 Minute Lo Mein

Serves 4

Ingredients

sauce:

2 tablespoons dark soy sauce (sub regular soy sauce if needed)

1 tablespoon light soy sauce (sub regular soy sauce if needed)

1 teaspoon sesame oil

1 teaspoon sugar

lo mein:

4–6 ounces uncooked ramen noodles

1 tablespoon sesame oil

3 green onions, chopped (separate green parts from white parts – you'll use both separately)

2–3 cups julienne cut or chopped vegetables like carrots, red peppers, cabbage, bok choy, mushrooms, or broccoli

1–2 tablespoons mirin

Instructions:

Sauce: Shake all the sauce ingredients together in a jar.

Noodles: Cook the noodles according to package directions. Drain and set aside.

Lo Mein: Heat the sesame oil in a large wok or skillet. Add the green onions (white parts) and vegetables to the hot pan. Stir fry until fork-tender, about 5 minutes. Add the mirin to loosen the browned bits up off the bottom of the pan. Add the cooked noodles and about half of the sauce – toss around in the hot pan to combine. Add more sauce if needed (I usually gauge the amount of sauce I want by the color of the noodles – you want a medium brown color, not too light, not too dark). Serve topped with remaining green onions!

Cook's Note:

You can use almost any vegetables and/or protein.

Ideas: Red pepper, carrots, spinach, bok choy, mushrooms, snap peas, onions, cabbage, broccoli. // Chicken, shrimp, eggs, beef, pork, tofu.

If you want to add a protein, stir fry it first, before the vegetables, then remove from heat while you cook the vegetables. Add back into the pan at the end with the noodles.

Credit: pinchofyum.com