

Clean-out-the-fridge Lo Mein



Servings: 4



Prep Time: 10 min



Cook Time: 15 min

INGREDIENTS

4 oz lo mein egg noodles

1/2 Tbsp canola oil

1 clove garlic, minced

1.5-2 cups of whatever fresh or frozen veggies you have on hand (try mushrooms, edamame, bell pepper, carrots, snow peas, cabbage, broccoli, or baby spinach)

1 Tbsp soy sauce

1/2 tsp sesame oil

1 tsp sugar

1/4 tsp ground ginger

1/4 tsp Sriracha (add more, to taste)

Recipe Notes: Try ramen, soba noodles, or linguini in place of egg noodles. Add frozen edamame or leftover chicken, beef or tofu for a source of protein.

PREPARATION

1. In a large pot, bring water to boil. Add noodles and cook according to package directions. Drain; set aside.
2. In a small bowl, whisk together soy sauce, sesame oil, sugar, ginger and Sriracha.
3. In a large frying pan or wok, heat canola oil over medium-high heat. Add garlic and cook for 1 minute, stirring frequently. Add all vegetables except for greens (if using) and cook for 4-5 minutes or until tender, stirring often. Stir in greens and cook until wilted, around 2-3 minutes.
4. Stir in egg noodles and sauce; toss to combine. Serve immediately. Store leftovers in an airtight container in the fridge for up to 5 days.

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