

Stir-Fried Vegetable Chow Mein

Swick

Serves 4 | Active Time: 45 minutes | Total Time: 45 minutes

Step 1: Cooking the Chow Mein Noodles

- 1/2 lb fresh chow mein noodles*
- salt (for cooking the noodles)
- 1/2 tsp peanut oil

*Note: For plant-based, be sure that the noodles are vegan-friendly.

To cook the noodles, fill a medium pot with cold water and bring to a boil. Add approximately 1/4 tsp table salt per liter/quart of water.

Add the noodles and let the water return to a rolling boil. Cook for approximately 1 minute or according to the package directions.

Drain the noodles and immediately rinse with several changes of cold water to remove the excess starch. Drain thoroughly in a colander.

Transfer the noodles back to the empty pot and add the oil. Toss to combine to prevent the noodles from sticking together. Set aside.

Step 2: Preparing the Sauce

- 3 tbsp mushroom flavored oyster sauce*
- 2 tsp soy sauce
- 2 tsp sesame oil
- 1/4 tsp sugar
- 1 tsp sambal oelek

To prepare the sauce, simply mix the ingredients together and set aside.

*Note: Mushroom flavored oyster sauce is typically plant-based or vegan-friendly, but be sure to check the label.

Step 3: Preparing Your Mise en Place

- 1/2 cup onions
- 1/2 cup carrots
- 1/2 cup red peppers
- 1/2 cup Chinese long beans (can use regular beans)
- 6 long, Thai red chilies (optional)
- 1 tbsp ginger (approx. 1" -inch piece)
- 1 tbsp garlic (approx 3 to 5 cloves)
- 2 green onions
- 1/2 cup bean sprouts
- 1 tsp sesame seeds
- 1/4 cup peanuts (optional)
- 2 to 3 dried, red chilies

To prepare your mise en place, first slice the onions. Julienne the carrots and red peppers. Cut the beans into 2" -inch pieces. Thinly slice the Thai red chilies into rounds. Mince the ginger and garlic. Shred the green onions into thin pieces, approximately 2" -inches long. Measure out the dried chilies, sesame seeds, and/or peanuts (if using) and set aside.

Step 4: Stir-Frying the Dish

To stir-fry the dish, line the ingredients up in the proper cooking order. Heat a wok over high heat. Once hot, cook the stir-fry according to the basic steps in the lesson. Keep in mind that vegetables should be added in the correct order so that they are all done at the same time.

First, stir-fry the dried chilies for a few seconds then add the onions — carrots — green beans — Thai chilies and red peppers — followed by the ginger and garlic. Add the noodles and toss to combine and heat through, then add the sauce. Add the green onions, sesame seeds and/or peanuts. Toss again. Feel free to add a touch more oil during the stir-frying process, if needed. Serve immediately.