

VEGETABLE CHOW MEIN



Prep Time	Cook Time	Total Time	Servings
10	10	20	8



Ingredients:

- 300g dried noodles
- 140 shredded cabbage
- 225g chopped red pepper
- 225g chopped carrot
- 75g chopped onion
- 90g mangetout
- 2 cloves garlic, grated
- 3 tablespoons oyster sauce
- 1 tablespoon soy sauce, low sodium

Instructions

1. Cook noodles according to box instructions, then drain and rinse with cold water. Set aside. (You can use chow mein noodle, udon noodles... anything! And you can use more or less than 300g if you'd like!)
2. Prepare all veggies but cutting them into bite sized pieces (I grated my carrots and chopped my onions small.)
3. Place a large pan over medium heat, drizzle a little bit of olive oil and add all veggies. Stir occasionally and cook for 5 minutes or until tender.
4. Add garlic and stir for 1 minute.
5. Add in noodles, oyster sauce and soy sauce. Stir well and then taste. Adjust as desired, more oyster sauce to make sweeter and more soy sauce to make saltier.
6. Serve warm!

Calories	Carbohydrates	Protein	Fat	Saturated Fat	Cholesterol	Salt	Sugar
464kcal	73g	9g	14g	1g	39mg	1323mg	9g