

Recipe Name: Vegetable Lo Mein Recipe
Diet Type: Vegetarian
Course: Dinner
Cuisine: Chinese
Quantity:



Ingredients

Ingredient	Quantity
• 2 cups Wheat Noodles	4
• 1 tablespoon Extra Virgin Olive Oil	
• 2 cloves Garlic - minced	
• 1/4 Red Bell pepper (Capsicum) - julienned	
• 1/4 Green Bell Pepper (Capsicum) - julienned	
• 1/4 Yellow Bell Pepper (Capsicum) - julienned	
• 1 Carrot (Gajjar) - julienned	
• 1/4 cup Broccoli - cut into small florets	
• 1/2 cup White onion - finely chopped	
• 1/2 cup Spring Onion Greens - finely chopped	
• 1 tablespoon Soy sauce	
• 1 tablespoon Red Chilli sauce	
• 1/4 teaspoon Brown Sugar (Demerara Sugar)	
• 1/2 teaspoon Sriracha sauce	
• Salt - to taste	
• 2 tablespoon Sunflower Oil - + 1 teaspoon	

Preparation

- To begin with Vegetable Lo Mein, in a saucepan of boiling water, cook noodles as per packet instructions, drain, rinse twice, rub 1 teaspoon of oil all over the noodles.
- Keep it aside.
- Whisk together soy sauce, red chilli sauce, brown sugar, siracha and keep it aside.
- Heat oil in a wok.
- Add all the vegetables, cook, stir frequently, until tender or for about 3-4 minutes.
- Stir in cooked noodles and soy sauce mixture, and gently toss to combine.



- Serve immediately.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
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