

DINNERLY



Daring Plant-Based Chicken Lo Mein with Carrots & Scallions

 30min  2 Servings

You can't be feeling low when you've got lo mein on your plate! A few simple ingredients prove that the sum is greater than its parts: plant-based chicken, thinly sliced carrots and scallions, and stir-fry sauce come together to make something magical. We've got you covered!

WHAT WE SEND

- 2 scallions
- 1 carrot
- 8 oz pkg plant-based chicken ⁶
- 2 (2½ oz) ramen noodles ¹
- 3 oz stir-fry sauce ^{1,6}

WHAT YOU NEED

- kosher salt & ground pepper
- garlic
- neutral oil
- white wine vinegar (or vinegar of your choice) ¹⁷

TOOLS

- medium pot
- box grater
- medium nonstick skillet

COOKING TIP

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ALLERGENS

Wheat (1), Soy (6), Sulphites (17). May contain traces of other allergens. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 530kcal, Fat 9g, Carbs 80g, Protein 27g



1. Prep ingredients

Fill a medium pot with **salted water**; bring to a boil.

Finely chop **2 teaspoons garlic**. Trim **scallions**, then thinly slice on an angle, keeping dark greens separate. Scrub **carrot**, then coarsely grate on the large holes of a box grater.



4. Cook noodles & prep sauce

Add **noodles** to pot with boiling **salted water**; cook, stirring occasionally to prevent sticking, until al dente, about 2 minutes. Drain, rinse with cold water, then drain again. Return to pot off heat.

Meanwhile, in a liquid measuring cup, whisk together **stir-fry sauce**, **½ cup hot tap water**, and **1 teaspoon vinegar**. Season to taste with **salt** and **pepper**.



2. Brown plant-based chicken

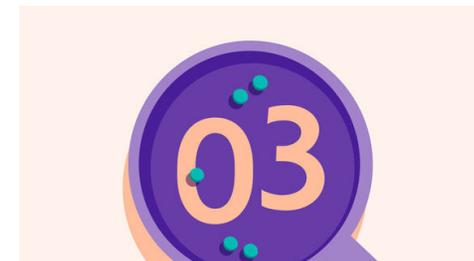
Pat **plant-based chicken** dry, break into bite-size pieces. Heat **2 teaspoons oil** in a medium nonstick skillet over medium-high. Add plant-based chicken in a single layer and cook, undisturbed, until outer edges are browned, 4–5 minutes. Stir and continue cooking until warmed through, 1–2 minutes more.



5. Finish & serve

Transfer **sauce** and **plant-based chicken and veggies** to pot with **noodles**. Cook over medium-high heat, tossing to combine, until warmed through, 2–3 minutes. Season to taste with **pepper**.

Serve **plant-based chicken lo mein** topped with **scallion dark greens**. Enjoy!



3. Add veggies

Stir in **chopped garlic, carrots, and scallion whites and light greens**; season with **salt** and **pepper**. Cook, scraping up any browned bits from bottom of skillet, until carrots are slightly softened, 2–3 minutes. Remove from heat.



6. Add some crunch!

Sprinkled toasted sesame seeds or roasted cashews over top for a nutty finish.