
Vegetable Lo Mein

with Bok Choy, Broccoli & Mushrooms



20-30min



2 Servings

What we send

- garlic
- 4 oz baby bella mushrooms
- 1 oz scallions
- ½ lb baby bok choy
- 4 oz broccoli
- 1 pkg chukka soba noodles ¹
- 4 oz tamari soy sauce ⁶
- 2 oz rice vinegar
- cornstarch

What you need

- kosher salt & ground pepper
- neutral oil
- sugar

Tools

- medium Dutch oven or pot with lid
- medium 10" skillet

Allergens

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

Nutrition per serving

1. Prep ingredients

Bring a medium saucepan of salted water to a boil over high heat. Finely chop 1 teaspoon garlic. Thinly slice mushrooms. Thinly slice scallions, keeping white and green parts separate. Rinse bok choy to remove any grit between leaves, then cut crosswise into 1-inch pieces. Cut broccoli into 1-inch florets.

4. Stir-fry vegetables

Heat 2 tablespoons oil in a medium skillet over medium-high until shimmering. Add garlic, mushrooms, and scallion whites and cook, stirring, until fragrant, 30 seconds. Add broccoli and cook, stirring occasionally, until broccoli and mushrooms are browned in spots, 3-4 minutes. Add bok choy and cook until wilted and all the vegetables are tender, 1-2 minutes.

2. Boil noodles

Return water to a boil, if necessary. Add noodles, and cook, stirring occasionally to prevent from sticking, until al dente, 3-4 minutes. Drain, then rinse with cold water.

5. Finish noodles

Add sauce to skillet and bring to boil, then add noodles to skillet, tossing combine with vegetables and coat with sauce; cook until warmed through, about 2 minutes.

3. Make sauce

In a small bowl, whisk together tamari, rice vinegar, 2 tablespoons water, 1 teaspoon cornstarch and a ¼ teaspoon sugar; set aside.

6. Serve

Add vegetable lo mein to deep bowls. Garnish with remaining scallions. Enjoy!