



20 MINUTE VEGETABLE CHOW MEIN

Makes: 2 to 3 Servings • Ready In: 20 minutes or less

INGREDIENTS

160 g / 5.6 oz Chow Mein Noodles, about 3 cups
2 tsp. butter or margarine, divided
1 egg, whisked
½ onion, diced
1 red bell pepper, seeded and diced
1 clove garlic, minced (or use ¼ tsp garlic powder)
¼ cup frozen peas
1½ Tbsp. reduced-sodium soy sauce
¼ tsp. sesame oil




STEPS

In a wok or deep skillet, cook Chow Mein noodles according to package directions (about 3 minutes). Drain noodles in a strainer and rinse under cold water. Set aside.

In the same wok, heat 1 tsp. of butter over medium heat until melted. Add egg. Cook and stir until egg is scrambled, about 1 minute. Remove egg from skillet and transfer to a small bowl.

In the same wok, heat remaining 1 tsp. of butter over medium heat until melted. Add onion, bell pepper and garlic. Lightly season with salt and pepper. Cook and stir until onion begins to soften, about 2 minutes. Return cooked noodles to wok. Add peas, soy sauce, sesame oil and cooked eggs. Cook and stir for 1 minute to coat noodles in sauce. Dig in!

 **Eco-Friendly Storage:** For leftovers we use reusable silicon storage bags. They fit a one-meal portion, can be stacked in the freezer, and still look like new no matter how many times they are cleaned in the dishwasher.

You'll find the ones we use on our **Gift Shop** page [here](#).