

# Stir Fried Lo Mein Noodles with Pork and Vegetables

Yield: 4 min  
Total Time: 40 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-stir-fried-vegetable-lo-mein-noodles-recipe>

## Ingredients:

- 1 pound lo mein noodles fresh
- 1 pound pork ribs country-style boneless, or boneless loin chops
- 1 teaspoon baking soda
- 3 tablespoons sugar
- 3 tablespoons soy sauce
- 3 tablespoons oyster sauce
- 2 tablespoons chinese black vinegar or use balsamic
- 1 tablespoon toasted sesame oil
- 2 tablespoons chinese rice wine shaoxing or dry sherry
- 1 tablespoon fish sauce
- 3 teaspoons cornstarch
- 2 tablespoons seed grape, or other neutral oil, divided
- 1 1/2 cups Chinese broccoli 5 ounces, 150g shredded, or napa cabbage
- 1 cup shredded carrots 2.5 ounces, 75g
- 1 1/2 cups purple cabbage 5 ounces, 150g shredded
- 1 fresh ginger 3-inch knob, peeled and minced, about 2 tablespoons; 12g
- 3 garlic cloves medium, minced
- 4 scallions white parts chopped in 1-inch pieces, green tops finely chopped

## Nutrition:

1. Calories: 970 calories
2. Carbohydrate: 95 grams
3. Cholesterol: 90 milligrams
4. Fat: 50 grams
5. Fiber: 6 grams
6. Protein: 32 grams

7. SaturatedFat: 19 grams
  8. Sodium: 4140 milligrams
  9. Sugar: 15 grams
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