

Cantonese-Style Vegetable Chow Mein

Yield: 1 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/recipe-for-indian-vegetable-chow-mein>

Ingredients:

- 3 mushrooms dried Chinese, soaked in water until soft, then sliced
- 2 garlic cloves smashed, coarsely chopped
- 1/4 fresh ginger ? piece, minced
- 2 ounces water chestnuts sliced
- 6 stalks yu choy or bok choy or other green vegetable, trimmed and sliced
- 3 ounces snow peas
- 1 cup bean sprouts
- 6 ounces noodles I used O'Hana Organic Chow Mein Style Noodles
- 2 teaspoons vegetable oil
- 1 stalk green onion chopped for garnish, optional
- 1/3 cup water
- 1 tablespoon soy sauce or to taste
- salt to taste
- corn starch dissolved in water

Nutrition:

1. Calories: 980 calories
2. Carbohydrate: 172 grams
3. Cholesterol: 145 milligrams
4. Fat: 17 grams
5. Fiber: 10 grams
6. Protein: 33 grams
7. SaturatedFat: 2.5 grams
8. Sodium: 1730 milligrams
9. Sugar: 9 grams

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