

Vegetable Lo Mein – Chinese Vegetable and Tofu Lo Mein

Yield: 4 min
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/jamaican-lo-mein-recipe>

Ingredients:

- 14 ounces lo mein noodles
- 1 package firm tofu
- assorted vegetables – about 3 cups, I used Broccoli, Bok choy, carrot, baby corn and snow peas
- 4 spring onion
- 4 cloves finely minced
- 2 teaspoons ginger
- 2 tablespoons corn starch
- 4 tablespoons soy sauce
- 2 tablespoons vegetarian oyster sauce
- 2 tablespoons chili sauce
- 1 tablespoon sugar
- salt – to taste
- 4 tablespoons cooking oil

Nutrition:

1. Calories: 740 calories
2. Carbohydrate: 79 grams
3. Fat: 37 grams
4. Fiber: 6 grams
5. Protein: 25 grams
6. SaturatedFat: 10 grams
7. Sodium: 3490 milligrams
8. Sugar: 7 grams

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