



Szechuan Chow Mein

INGREDIENTS:

5 Oz. Lo Mein (Soft Egg Noodle)

VEGETABLES:

3 Oz. Long Green Beans

1 Big Tomato

1 Red Chili

SAUCE:

1 Tbsp Asian Light Soy Sauce

1/2 Tsp Dark Soy Sauce

1 Tsp Broad Bean Sauce

1/2 Tsp Sugar

1/4 Tsp Salt

1/4 Tsp Szechuan Peppercorn

Oil, Optional

OTHER:

Peanut/Canola Oil for Stir-Frying

1/2 Cup Hot Water/Vegetarian

Stock

DIRECTIONS:

1. Rinse vegetables, and slice diagonally into small piece for this Szechuan chow mein recipe.
2. Parboil noodles with boiling water for 2 minutes until tender, remove and mix with sesame oil.
3. Heat wok hot at high heat, add green bean, fry until tender, and add tomato and hot water.
4. Simmer until beans are soft, mix in sauce ingredients and combine noodles and red chili.