

# Spring Herb & Vegetable Lo Mein

In this lightning-fast recipe for a take-out classic, you'll use fresh, seasonal ingredients like asparagus and yellow squash along with aromatic, peppery Thai basil and mint. The secret to making the smooth, glossy stir-fry sauce is the simple addition of cornstarch, which thickens the sauce and intensifies the flavors.



## Ingredients

- 3 Cloves Garlic
- 1 1-Inch Piece Ginger
- 1 Bunch Mint
- 1 Bunch Thai Basil
- 1 Red Onion
- 1 Yellow Squash
- ½ Bunch Asparagus
- 6 Ounces Lo Mein Noodles
- 2 Tablespoons Soy Sauce
- 1 Tablespoon Cornstarch
- 2 ½ Tablespoons Hoisin Sauce

Makes 2 Servings  
About 515 Calories Per Serving



# Instructions



## Prepare the ingredients:

Wash and dry the fresh produce. Heat a medium pot of salted water to boiling on high. Peel and mince the garlic and ginger. Pick the basil and mint leaves off the stems. Cut the squash lengthwise into quarters, then, on an angle, into 1/4-inch-thick slices. Snap off and discard the tough, woody ends of the asparagus stems; cut the asparagus on an angle into 1-inch pieces. Peel and thinly slice the onion.



## Cook the noodles:

Once the water is boiling, add the **noodles** and cook 2 to 3 minutes, or until al dente (still slightly firm to the bite). Drain the cooked noodles thoroughly and rinse under cold water for 30 seconds to 1 minute to stop the cooking process. Set aside as you continue cooking.



## Start the stir-fry sauce:

While the noodles cook, in a small bowl, whisk together the **cornstarch, soy sauce, hoisin sauce** and **1/2 cup of water** until smooth.



## Cook the vegetables:

In a large pan (nonstick, if you have one), heat 2 teaspoons of oil on medium-high until hot. Add the **onion, garlic** and **ginger** and cook, stirring frequently, 1 to 2 minutes, or until softened. Add the **asparagus** and **squash** and cook, stirring occasionally, 2 to 3 minutes, or until the asparagus is bright green and the squash is slightly softened.



## Add the sauce:

Add the **stir-fry sauce** to the pan of vegetables and bring to a simmer. Cook 1 to 2 minutes, or until slightly reduced and thickened.



## Finish the lo mein & plate your dish:

Rinse the **cooked noodles** under water once more to loosen them. Add the rinsed noodles to the pan along with **3/4 cup of water, half of the basil** and **half of the mint** (chopping or tearing the leaves just before adding if you'd like). Cook, tossing to coat, 1 to 2 minutes, or until heated through and combined. To plate your dish, divide the **noodles and vegetables** between 2 dishes. Garnish with the **remaining basil and mint**. Enjoy!