

# Vegetable Lo Mein

with Eggplant & Bok Choy

**TIME:** 15-25 minutes

**SERVINGS:** 2

For an easy, seasonal meal, we're pairing slurpable noodles with a trio of fresh produce: tender eggplant, crisp bok choy, and bell pepper. (Your colorful pepper may be green, purple, or even have streaks of red!) Mirin (a sweetened Japanese rice wine), ginger, and ponzu sauce add depth of flavor to the fast-cooking lo mein, putting a gourmet spin on a takeout classic.



## MATCH YOUR BLUE APRON WINE



Zesty & Tropical

Serve a bottle with this symbol for a great pairing.



## Ingredients



1/2 lb  
FRESH LO MEIN  
NOODLES



1  
EGGPLANT



1  
BELL PEPPER



10 oz  
BABY BOK CHOY

## KNICK KNACKS:



2 Tbsps  
SESAME OIL



1 1-inch piece  
GINGER



## Did You Know?

Using a spoon to  
scrape the skin off  
is an easy way to  
peel ginger!



2 Tbsps  
MIRIN



1/4 cup  
PONZU SAUCE



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### 1 Prepare the ingredients:

- ☐ Heat a small pot of salted water to boiling on high.
- ☐ Wash and dry the fresh produce.
- ☐ Halve the eggplant lengthwise; cut crosswise into 1/4-inch-thick pieces.
- ☐ Cut off and discard the stem end of the pepper. Halve the pepper lengthwise, then remove and discard the ribs and seeds. Thinly slice the pepper crosswise.
- ☐ Peel and finely chop the ginger.
- ☐ Cut off and discard the stem ends of the bok choy; separate the leaves.



### 2 Cook the eggplant:

- ☐ In a large pan (nonstick, if you have one), heat 1 tablespoon of olive oil on medium-high until hot.
- ☐ Add the **eggplant** in an even layer and cook, without stirring, 2 to 3 minutes, or until lightly browned and slightly softened. Season with salt and pepper. (If the pan seems dry, add up to 2 teaspoons of olive oil.)
- ☐ Continue to cook, stirring occasionally, 3 to 4 minutes, or until browned and softened.

### 3 Finish the vegetables:

- ☐ Add the **pepper, ginger, and bok choy** to the pan; season with salt and pepper. Cook, stirring frequently, 2 to 3 minutes, or until softened and fragrant.
- ☐ Turn off the heat; stir in the **mirin, ponzu sauce, and sesame oil**. Season with salt and pepper to taste.



### 4 Cook the noodles:

- ☐ While the vegetables cook, add the **noodles** to the pot of boiling water, stirring gently to separate. Cook, stirring occasionally, 2 to 4 minutes, or until tender. Drain thoroughly.

### 5 Finish & plate your dish:

- ☐ Transfer the **cooked noodles** to the pan of **cooked vegetables**. Stir to thoroughly combine; season with salt and pepper to taste.
- ☐ Divide the finished noodles and vegetables between 2 dishes. Enjoy!

