

Spicy Sesame Lo Mein

with Broccoli & Turnip

TIME: 20-30 minutes

SERVINGS: 2

We're whipping up a sophisticated sauce for tonight's vegetarian lo mein with the help of a few flavorful pantry ingredients. Sweet and savory tonkatsu sauce gets a punch of umami from sesame oil and black bean sauce, while rice vinegar and sambal oelek add brightness and tangy heat. To meld all the flavors, we're cooking the fresh noodles, broccoli, and turnip together with the sauce just before serving.

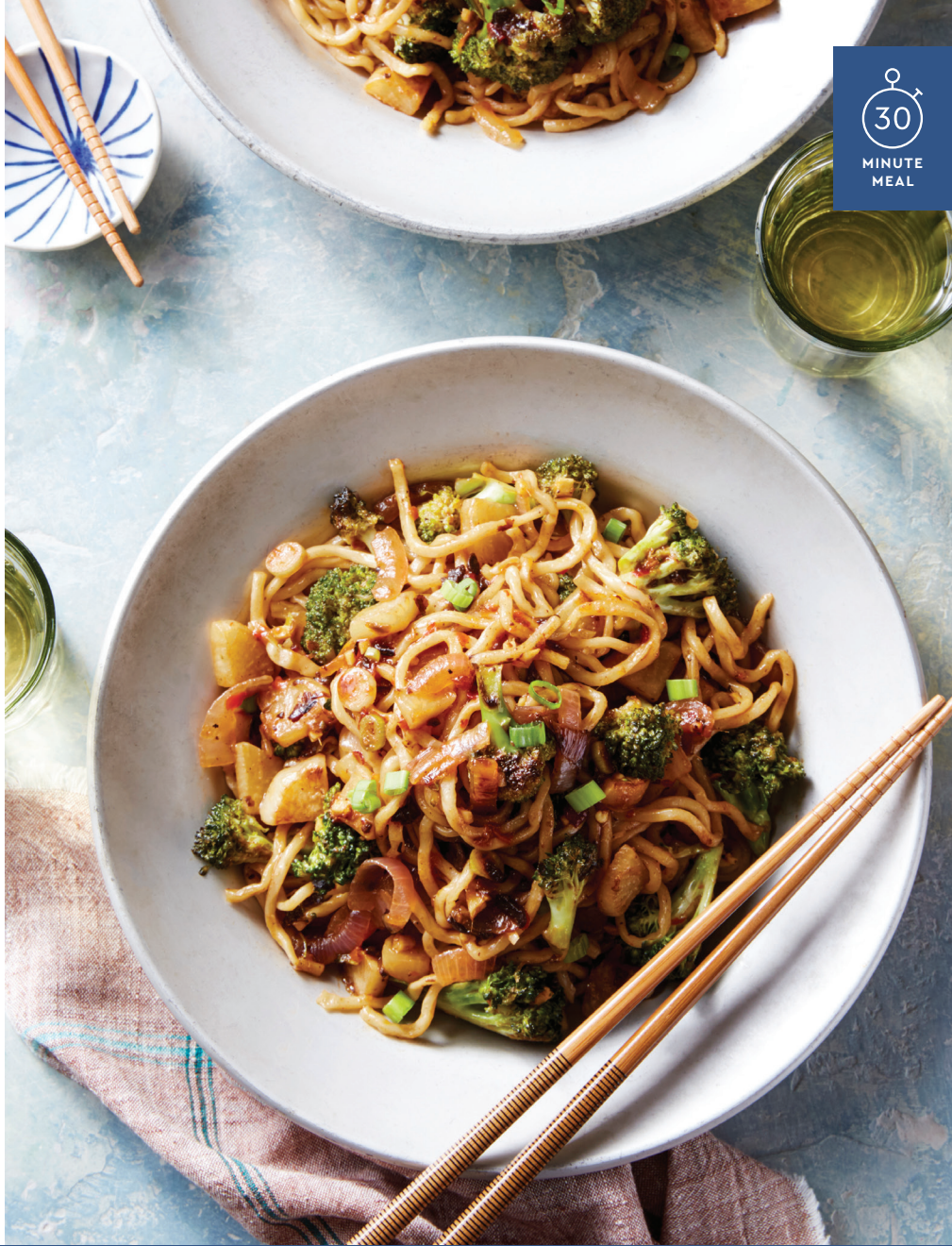


MATCH YOUR BLUE APRON WINE



Crisp and Minerally

Serve a bottle with this symbol for a great pairing.



30
MINUTE
MEAL

Ingredients



½ lb
FRESH LO MEIN
NOODLES



1
RED ONION



1
SCALLION



1
PURPLE TOP
TURNIP



½ lb
BROCCOLI

KNICK KNACKS:



1 1-inch piece
GINGER



2 Tbsps
SESAME OIL



1 Tbsp
RICE VINEGAR



2 Tbsps
BLACK BEAN
SAUCE



1 ½ Tbsps
TONKATSU SAUCE



1 Tbsp
SAMBAL OELEK



Download our iOS or Android app, or log in to blueapron.com for how-to videos and supplier stories.



1 Prepare the ingredients:

- ☐ Heat a medium pot of salted water to boiling on high.
- ☐ Wash and dry the fresh produce.
- ☐ Peel the turnip; quarter lengthwise, then thinly slice crosswise.
- ☐ Cut off and discard the bottom 1/2 inch of the broccoli stem. Cut the florets and remaining stem into small pieces.
- ☐ Peel the onion; quarter lengthwise, then thinly slice crosswise.
- ☐ Peel and finely chop the ginger.
- ☐ Cut off and discard the root end of the scallion; thinly slice, separating the white bottom and green top.

2 Cook the vegetables:

- ☐ In a large pan (nonstick, if you have one), heat 1 tablespoon of olive oil on medium-high until hot.
- ☐ Add the **turnip, broccoli, and onion**; season with salt and pepper. Cook, stirring occasionally, 6 to 7 minutes, or until softened. Turn off the heat; season with salt and pepper to taste.

3 Make the sauce:

- ☐ While the vegetables cook, in a bowl, whisk together the **tonkatsu sauce, sesame oil, black bean sauce, vinegar, ginger, white bottom of the scallion, 2 tablespoons of water, and as much of the sambal oelek as you'd like**, depending on how spicy you'd like the dish to be. Season with salt and pepper to taste.

4 Cook the noodles:

- ☐ While the vegetables continue to cook, add the **noodles** to the pot of boiling water (carefully separating with your hands before adding). Cook 2 to 4 minutes, or until tender.
- ☐ Reserving 1/2 cup of the **noodle cooking water**, drain thoroughly.

5 Finish the noodles & plate your dish:

- ☐ Add the **cooked noodles, sauce, and half the reserved noodle cooking water** to the pan of **cooked vegetables**. Season with salt and pepper. Cook on medium-high, stirring vigorously, 1 to 2 minutes, or until thoroughly combined. (If the sauce seems dry, gradually add the remaining noodle cooking water to achieve your desired consistency.) Turn off the heat; season with salt and pepper to taste.
- ☐ Divide the finished noodles between 2 dishes. Garnish with the **green top of the scallion**. Enjoy!

