

Sesame-Lime Lo Mein Salad

with Arugula, Corn & Tomatoes

4 SERVINGS

⌚ 20-30 MINS

 **Blue Apron**
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Ingredients*

Customized ingredients


ADDED:



18 oz Ground Beef 

or



18 oz Boneless Chicken Breast Pieces 



1 lb Lo Mein Noodles



2 ears of Corn



4 oz Arugula



2 Scallions



½ lb Grape Tomatoes



1 Lime



⅓ cup Sesame Dressing



1 Tbsp Sambal Oelek



1 Tbsp Soy Sauce



1 oz Sweetened Toasted Coconut Chips



3 Tbsps Roasted Peanuts

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*Ingredients may be replaced and quantities may vary.

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1 Prepare the ingredients & make the dressing

- Fill a large pot $\frac{3}{4}$ of the way up with salted water; cover and heat to boiling on high.
- Wash and dry the fresh produce.
- Remove any husks and silks from the **corn**; cut the kernels off the cobs.
- Thinly slice the **scallions**, separating the white bottoms and hollow green tops.
- Halve the **tomatoes**.
- Roughly chop the **peanuts**.
- Halve the **lime** crosswise; squeeze the juice into a bowl. Add the **sesame dressing** and **as much of the sambal oelek as you'd like**, depending on how spicy you'd like the dish to be. Stir to combine.



2 Cook the corn

- In a large pan (nonstick, if you have one), heat a drizzle of **olive oil** on medium-high until hot.
- Add the **corn kernels** in an even layer. Cook, without stirring, 3 to 4 minutes, or until slightly softened (be careful, as the corn may pop as it cooks).
- Add the **soy sauce** (carefully, as the liquid may splatter) and **sliced white bottoms of the scallions**. Cook, stirring occasionally, 1 to 2 minutes, or until softened and browned.
- Turn off the heat.



↔ ADDITIONAL STEP

If you chose Ground Beef

- Transfer the **cooked corn** to a bowl.
- Rinse and wipe out the pan.
- In the same pan, heat a drizzle of **olive oil** on medium-high until hot.
- Add the **beef**; season with salt and pepper. Cook, stirring frequently and breaking the meat apart with a spoon, 5 to 7 minutes, or until browned and cooked through.
- Turn off the heat. Carefully drain off and discard any excess oil.

Additional Step continued:

If you chose Chicken

- Transfer the **cooked corn** to a bowl.
- Rinse and wipe out the pan.
- Pat the **chicken** dry with paper towels; season with salt and pepper.
- In the same pan, heat a drizzle of **olive oil** on medium-high until hot.
- Add the seasoned chicken in an even layer. Cook, without stirring, 3 to 4 minutes, or until lightly browned. Continue to cook, stirring occasionally, 3 to 4 minutes, or until browned and cooked through.
- Turn off the heat.

3 Cook the noodles

- Meanwhile, add the **noodles** to the pot of boiling water, stirring gently to separate. Cook, stirring occasionally, 2 to 4 minutes, or until tender. Turn off the heat.
- Drain thoroughly and rinse under warm water 30 seconds to 1 minute to prevent sticking.
- Transfer to a large bowl.



4 Finish the noodles & serve your dish

- To the bowl of **cooked noodles**, add the **cooked corn**, **halved tomatoes**, **arugula**, and **dressing**; season with salt and pepper. Toss to combine.
- Serve the **finished noodles** topped with the **chopped peanuts**, **coconut chips**, and **sliced green tops of the scallions**. Enjoy!



↔ CUSTOMIZED STEP 4

If you chose Ground Beef

- Finish the noodles and serve your dish as directed, adding the **cooked beef** to the bowl.

If you chose Chicken

- Finish the noodles and serve your dish as directed, adding the **cooked chicken** to the bowl.