

DINNERLY



Veggie Lo Mein with Cabbage, Carrots & Scallions

 ca. 20min  4 Servings

The gamut of Asian noodles is vast: soba, udon, pad thai, rice, ramen. The list goes on! But for this lo mein, we've chosen an unexpected but beloved player: linguine! A shredded cabbage blend takes all the work out of, well, shredding cabbage, and teriyaki sauce lends that satisfying sweetness. We've got you covered!

WHAT WE SEND

- scallions
- toasted sesame seeds
- carrots
- shredded cabbage blend

WHAT YOU NEED

- coarse salt

TOOLS

- box grater
- large nonstick skillet
- large pot

ALLERGENS

May contain traces of allergenic ingredients. Packaged in a facility that packages gluten containing products.

NUTRITION PER SERVING

Calories 605kcal, Fat 10g, Carbs 108g, Proteins 18g



1. Cook pasta

Bring a large pot of **salted water** to a boil. Cook **pasta** until al dente, about 10–12 minutes. Reserve $\frac{3}{4}$ cup **pasta water**, then drain linguine.



4. Add cabbage

Add **cabbage** and **carrots** to skillet and cook, stirring, until vegetables are softened, about 2 minutes.



2. Prep scallions & carrots

Meanwhile, trim ends from **scallions**, then thinly slice, keeping **whites** and **greens** separate. Peel, then grate **carrots** on large holes of a box grater.



5. Finish lo mein

Return large pot with **noodles** over medium heat. Add **sautéed cabbage**, **reserved pasta water**, and **teriyaki sauce** to pot and cook, stirring, until **sauce** is reduced, about 3 minutes. Serve **lo mein** topped with **sesame seeds** and **scallion greens**. Enjoy!



3. Sauté scallions

Heat 2 **tablespoons oil** over medium-high in a large nonstick skillet. Add **scallion whites** and $\frac{2}{3}$ of **scallion greens** and cook until wilted, about 1 minute.



6. Hack

This veggie lo mein is packed with vitamins from the cabbage, carrots, and scallions. Want to add more? Slice some shiitake mushrooms and sauté with the cabbage and carrots. Need more protein? Scramble an egg or two and stir in at the end of step 5.