

Vegetable Lo Mein

Prep Time: 10 Minutes Cook Time: 25 Minutes Ready In: 35 Minutes

Servings: 6

Ingredients:

8 ounces uncooked spaghetti
1/4 cup vegetable oil
1 cup shredded carrots
½ cup sliced red bell peppers
½ onion, chopped
2 cloves garlic, minced
2 cups fresh bean sprouts
1/2 cup chopped green onions
1 tablespoon cornstarch
1 (14.5 ounce) can chicken broth
1/4 cup hoisin sauce
2 tablespoons honey
1 tablespoon soy sauce
1 teaspoon grated fresh ginger
1/4 teaspoon cayenne pepper
1/4 teaspoon curry powder

Directions:

1. Bring a large pot of lightly salted water to a boil. Add pasta and cook for 8 to 10 minutes or until al dente; drain.
2. Heat oil in a large wok. Stir fry carrots, peppers, onion and garlic until tender. Stir in bean sprouts and green onions; cook one minute. Mix cornstarch and chicken broth in a small bowl and add to stir-fry. Stir in hoisin sauce, honey, soy sauce, ginger, cayenne pepper and curry powder. Cook and stir until thickened and bubbly.
3. Add cooked spaghetti, and toss.