

EST. 2017

nella phat

VEGAN

CHOW MEIN

INGREDIENTS

- ◆ 1 1/2 in diameter of Brown rice spaghetti noodles
- ◆ 2 Tbs Tamari
- ◆ 1/2 Tbs Hoisen sauce
- ◆ 3 cups of Cabbage, shredded
- ◆ 1/2 cup Onion, sliced
- ◆ 1/2 cup Green onion, chopped
- ◆ 1/2 cup Shiitake or other mushroom, sliced
- ◆ Salt & White pepper to taste
- ◆ 2 Tbs Oil for frying
- ◆ 1 Tbs Veggie broth

SERVINGS

4

PREP TIME

10 MIN

COOK TIME

20 MIN

TOTAL TIME

30 MIN



Chow mein is a delicious noodle dish. Typically the chow mein noodles are made out of wheat flour so I use brown rice spaghetti to get it gluten free. I've found that the brown rice spaghetti noodles work incredible for a gluten free chow mein. I can hardly tell the difference! This recipe is similar to my mom's recipe but I've veganized it with some vegan hoisen sauce.

If you're vegan and gluten free I bet you've missed chow mein! I know I did prior to making this recipe. Print this recipe and keep it close for those days you want better than take out chow mein :) Make a feast and pair with my fried rice and egg roll recipes @ www.hellaphatvegan.com

DIRECTIONS

- 1) Cook brown rice noodles according to the package
- 2) Be sure to stir frequently to ensure the noodles don't stick together
- 3) Drain, rinse with cold water and set aside
- 4) Slice cabbage, onions, green onions and mushrooms

- 5) In wok or large pan on medium heat add 1 tbs oil
- 6) Add all the veggies and stir occasionally until cooked
- 7) Add some veggie broth and a few cracks of salt. Stir well
- 8) Add noodles and sauces, combine well, cook additional 2 minutes

- 9) Add any additional tamari, hoisen sauce, salt and/or white pepper to taste

Eat as a main dish or as a side with your other favorite Chinese dishes :)

Made this recipe? Let me know! Leave a comment, give the recipe a like, we want to know what you think!