vegetable chow mein



featured product:
POWERHOUSE SPINACH BLEND

a flavor-packed dish that tastes like takeout but feels way fresher.

this kid-friendly chow mein is loaded with crisp veggies and tender noodles, all pulled together with a savory-sweet sesame sauce.

ingredients

for the dish:
1 clamshell **organicgirl powerhouse spinach blend**
2 packages precooked stir-fry noodles
1 bell pepper, thinly sliced
1 onion, thinly sliced
1 broccoli crown, chopped into florets
3 garlic cloves, minced
1 cup snap peas
½ cup bean sprouts

for the stir-fry sauce:
2 tablespoons toasted sesame oil
? cup soy sauce (or tamari for gluten-free)
1 tablespoon rice wine vinegar
1 tablespoon agave nectar or maple syrup
2 tablespoons coconut aminos
1½ tablespoons cornstarch (to thicken)

directions

1. in a small bowl, whisk together soy sauce, rice vinegar, agave or maple syrup, coconut aminos, and cornstarch. set aside.

2. in a large skillet or wok, heat toasted sesame oil over medium heat. add garlic and onion, and sauté for 2–3 minutes until fragrant.

3. add bell pepper, broccoli, and snap peas to the skillet. stir-fry for 5–7 minutes until tender-crisp.

4. toss in organicgirl powerhouse spinach blend; cook until just wilted.

5. add precooked noodles and sauce to the skillet. toss everything together to coat evenly, cooking an additional 3–5 minutes until heated through and thickened.

6. stir in bean sprouts and serve hot.

optional: top with sesame seeds, green onions, or chili flakes.