

## Sesame-Peanut Vegetable Lo Mein

**4 SERVINGS | HANDS ON TIME: 20 minutes | TOTAL TIME: 30 minutes**

Della Casa Pasta Spaghetti, kept frozen until immediately prior to use  
Johnson's Backyard Garden Carrots, washed, ends trimmed, peeled (optional)  
Johnson's Backyard Garden Bok Choy, washed, root end trimmed  
Gray Gardens Green Onions, washed, root end trimmed  
Agua Dulce Aquaponic Lettuce, root ball removed, leaves picked and washed  
AustiNuts Roasted Peanuts  
Farmhouse Kitchen Sesame Peanut Sauce, shaken or stirred well before use  
Farmhouse Kitchen Carrot Ginger Dressing  
Sea salt and fresh cracked black pepper  
Olive or vegetable oil

**STEP 1** Bring 8 cups of water to a boil in a large pot. While the water reaches a boil, prepare and slice the vegetables. Chop the bok choy stems and leaves into 1" pieces. Chop the carrots into thin coins or batons, about 1/4" thick. Slice the green onions in half lengthwise through the white and green part. Chop the green onions into 2" pieces. Set each chopped vegetable aside separately until ready to cook.

**STEP 2** When the pasta water boils, add 2 tbsp. salt, followed by the frozen spaghetti. Gently stir and separate the noodles with tongs or a pasta fork. Cook pasta for 4-5 minutes until al dente - when the pasta is soft and cooked through, but retains a pleasant chew. If you prefer a softer texture, cook the pasta for an additional 1-2 minutes. Drain the pasta in a colander and rinse with cold water to stop the cooking. Toss with 1 tbsp. oil. Set aside.

**STEP 3** Heat a large wok or high-sided non-stick pan over medium-high heat. When the pan just begins to smoke, add 1 tbsp. oil and then add the chopped carrots. Stir fry the carrots for 5-6 minutes, shaking the pan back and forth. Next, add the bok choy and stir fry for 3-4 minutes, shaking the pan back and forth. Season with 1 tsp. salt and pepper. The vegetables should be crisp tender. If you prefer the vegetables to have a softer texture, continue to stir fry for 3-5 more minutes until desired texture is reached. Add the cooked spaghetti, green onions, and sesame peanut sauce to the pan. Toss to incorporate the pasta, vegetables, and sauce, while warming the pasta through. If the sauce appears thick, add 2-3 tbsp. of water to loosen. Season with salt and pepper to taste before serving.

**STEP 4** Tear the lettuce leaves into bite size pieces and toss with half of the carrot ginger dressing. Season with salt, pepper, and remaining dressing to taste.

**STEP 5** To serve, add stir fried noodles and vegetables to serving bowls and top with roasted peanuts. If you enjoy a little spice and kick, add a drizzle of Yellow Bird hot sauce, if available. Serve lo mein with a side of dressed salad. Enjoy!