

Sesame-Garlic Vegetable Lo Mein

2 SERVINGS | **HANDS ON TIME: 15 minutes** | **TOTAL TIME: 30 minutes**

Della Casa Pasta Fettuccine, kept frozen until immediately prior to use
Gundermann Acres Kale, washed and dried
Kitchen Pride Shiitake Mushrooms, washed immediately before use, stems discarded
J & B Farms Green Beans, washed, ends trimmed
Johnson's Backyard Garden Sweet Peppers, washed, stem and seeds discarded
Farmhouse Kitchen Lo Mein Sauce, shaken or stirred well before use
Salt and 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. Discard the large woody kale stems and roughly chop the leaves into small pieces. Chop the green beans 1" pieces. Chop the sweet peppers into thin rings or strips. Chop the shiitake mushroom caps into thin strips. Set each chopped vegetable aside separately until ready to cook.

STEP 2 When the water boils, add 2 tbsp. salt, followed by the frozen fettuccine. Gently stir and separate the noodles with tongs or a pasta fork. Cook pasta for 3-4 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. Cook the vegetables in batches to help retain a crisp texture and not overcook. When the pan just begins to smoke, add 1 tbsp. oil and then add the green beans. Saute for 3-4 minutes, shaking the pan back and forth. Next, add the kale, mushrooms, and peppers. Saute for 3-4 minutes. Season with 1/2 tsp. salt and pepper. The vegetables should be crisp-tender at this stage. If you prefer the vegetables to have a softer texture, continue to stir fry for 3-5 more minutes until desired texture is reached.

STEP 4 Add the cooked fettuccine and lo mein 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.

STEP 5 To serve, add sesame-garlic vegetable lo mein to serving bowls. If you enjoy a little spice and kick, add a drizzle of your favorite hot sauce.

Enjoy!

STORAGE TIPS INGREDIENTS BEST USED WITHIN 5 DAYS

Fettuccine - Keep frozen until immediately before cooking. Use within 1 month.

Kale - Wrap in a paper towel and place in a plastic bag in the refrigerator. Use within 5 days.

Shiitake Mushrooms - Store in the refrigerator in the bag in which they came. Use within 5 days.

Green Beans - Store in the plastic bag in which they came in the crisper drawer of the refrigerator. Use within 5 days.

Sweet Peppers - Store in paper bag inside refrigerator crisper drawer until ready to use.

Lo Mein Sauce - Store in the refrigerator. Use within 5 days.

(Ingredients: tamari, Fruitful Hill Farms rose garlic, ginger, Patty's Herbs cilantro, Patty's Herbs basil, sesame seeds, sesame oil)

***Contains gluten and egg**

****Not made with dairy, nuts, fish or shellfish containing ingredients.**

*****Prepared in a facility that may contain gluten, dairy, egg, nuts, fish and shellfish.**

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4 SERVINGS | **HANDS ON TIME: 15 minutes** | **TOTAL TIME: 30 minutes**

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STEP 4 Add the cooked fettuccine and lo mein 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.

STEP 5 To serve, add sesame-garlic vegetable lo mein to serving bowls. If you enjoy a little spice and kick, add a drizzle of your favorite hot sauce.

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