

## Vietnamese Chow Mein



### Makes:

2 servings

### Utensil:

5 Qt./4.7 L Gourmet Wok with Cover  
small mixing bowl

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### Recipe:

### Contributed By:

Janet Potts, RD, LD

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### Recipe Description:

Chocked full of cancer-fighting components and immune-boosting vegetables, this low-fat, low-calorie and zero cholesterol meal is a delicious, one-dish dinner. And if it's not your normal eating mode, give chopsticks a try - turn your family's meal into a fun event!

2 ½ teaspoons  
sugar  
(11  
g)  
¼ teaspoon  
black pepper  
(.5  
g)  
1 teaspoon  
garlic, chopped  
(3  
g)  
4 teaspoons  
fish sauce, or soy sauce  
(20  
mL)  
1 cup  
broccoli flowerets, chopped  
(71  
g)  
1 carrot, sliced, use Cone #4  
2 mushrooms, sliced, use Cone #4  
¼ cup  
bamboo shoots, thinly sliced  
(38  
g)  
5 snow peas, sliced  
¼ cup  
celery, sliced, use Cone #4  
(25

g)  
 ½ cup  
 onion, sliced, use Cone #4  
 (58  
 g)  
 1 cup  
 Napa cabbage, sliced, use Cone #4  
 (70  
 g)  
 2-3 teaspoons  
 oyster sauce, optional  
 (10-15  
 mL)  
 2 cups  
 rice, cooked  
 (348  
 g)  
 ¼ cup  
 chow mein noodles

(11  
 g)

### Optional for beef chow mein

2  
 ounces beef sirloin, raw, trimmed of fat and sliced (57 g) 1  
 thin 1  
 dash salt dash pepper ½  
 teaspoon garlic, minced (1.5 g)

### Directions:

1. Combine sugar, pepper, garlic and fish sauce in small bowl. Set aside.
2. Preheat wok over medium heat. When several drops of water sprinkled on wok skitter and dissipate, add broccoli, carrots, mushrooms, bamboo shoots, snow peas and celery. Stir-fry for 2 - 3 minutes or until vegetables become aromatic.
3. Pour reserved fish sauce over vegetables and mix to combine. Add onions, cabbage and oyster sauce. Continue to stir-fry for approximately 1 minute or until vegetables are crisp-tender.
4. Serve over hot rice. Sprinkle with chow mein noodles.

### Tips:

- If using beef, combine with salt, pepper and garlic. Sauté in wok before cooking vegetables. Then proceed with directions above.
- May replace sugar with agave nectar.

### Nutritional Information per

#### ▼ Serving

**Calories:** 393  
**Total Fat:** 5g  
**Saturated Fat:** 1g  
**Cholesterol:** 0mg  
**Sodium:** 1286mg  
**Total** 77g  
**Carbs:**  
**Dietary Fiber:** 6g  
**Sugar:** 14g  
**Protein:** 12g