



Local Rhoots

LOCAL. SUSTAINABLE. MEALS.

Rhoots Lo Mein

Ingredients

Noodles

Gluten Free Flour, Eggs, Salt, Olive Oil

Lo Mein Sauce

Garlic, Ginger, Coconut Aminos, Sesame Oil, Coconut Sugar, Chinese Wine

Whole Produce

Columbia Mushrooms

Shredded Vegetables

Red Cabbage, Carrot, Kale

Directions

Set a large pot on the stove to boil and take out a large saute pan.

Once the water is boiling, heat the saute pan on high heat and add oil to the pan.

Once oil hot, add the mushrooms and saute 5 minutes, then add the shredded vegetables. Immediately add the pasta to the water and cook until it floats (about 1.5 MINUTES). Pour sauce into the vegetables, then add the pasta directly from the water to the pan. Combine everything well, remove from heat and portion into bowls. Enjoy!

CAL 622 | FAT 17g | CHO 76g | PRO 39g