

Chow Mein

Maintenance to be mixed into your chow mein: choose between nuts, seeds, or egg

Ingredients:

Sauce:

- ¼ cup hoisin sauce
- 2 Tbsp soy sauce or bragg liquid aminos (fermented soybeans)
- 1 tsp sriracha (optional)
- 1 Tbsp brown sugar
- 1 tsp lime juice
- ½ tsp paprika
- ½ tsp black pepper
- ¼ tsp onion powder
- 1 Tbsp cornstarch, flour or arrowroot

Veggies: anything you like!

- Mushrooms
- Bell pepper
- ½ tsp fresh ginger
- 2 cloves garlic
- Celery
- Bean sprouts

Noodles:

Chinese Egg Noodles or any noodle of choice

Meat or Tofu optional!

Instructions:

1. Mix all sauce ingredients together in a bowl and put it to the side
2. Prep/Chop all your vegetables and meat/tofu and place them to the side.
3. Cook your choice of noodles and place them to the side.
4. Heat a large skillet with some oil and saute your meat or tofu with salt and pepper until very golden brown. Take the cooked meat/tofu out and place it on the side.
5. Heat your skillet and saute your vegetables until very golden brown and place in the bowl with the meat/tofu.
6. Pour the meat/tofu and vegetable mix back into a hot skillet and pour in the sauce.



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7. Cook Everything together until the sauce gets thicker and coats the meat and vegetables. Turn off the heat and add in your noodles. Stir until noodles are fully coated in sauce.
 8. Serve a small portion and add the ground dosing foods/maintenance foods as garnish with green onions or mix finely ground nuts/seeds/chickpeas/legumes into the sauce so it is more hidden!

Please carefully review the ingredients listed above. It is your responsibility to ensure that your child can safely enjoy any of our Southern California Food Allergy Recipes or other food-related documents. Each child in our program has a unique allergic profile and is at a different stage in their journey to food freedom. Use good judgment. If your child has not yet been cleared to consume the foods listed above then choose another recipe or substitute accordingly. **This Recipe Contains The Following Top 8 Allergens As Primary Ingredients:** egg, soy