



HOME CHEF

# Healthy Takeout Sesame Noodles

With Lemongrass-Ginger Mushrooms and Red Cabbage



These simple sesame noodles are so good we literally can't even. In this tasty and quick dish, you'll infuse mushrooms with minced lemongrass and ginger in a tangy rice vinegar, soy, and roasted peanut sauce. Cook some lo mein noodles, stir 'em in, add shredded red cabbage, et voila: "I Can't Even Sesame Noodles," your new favorite vegan dish.

## OVERVIEW



TIME TO PREPARE



EASY RECIPE



DAYS BEST COOKED BY

## NUTRITION

Calories: 558  
Carbohydrates: 63g  
Fat: 28g  
Protein: 18g  
Sodium: 1257mg  
*per serving*

## DIETARY



LOW CALORIE



DAIRY-FREE

## DRINK PAIRING

A light, fruity white wine like Gewürztraminer loves Chinese cuisine, as does a pilsner beer (Heineken, Stella Artois.)

## INGREDIENTS

8 oz. Cremini Mushrooms  
½ oz. Honey Roasted Peanuts  
2 Green Onions  
2 Garlic Cloves  
1 oz. Lemongrass, stalk  
6 oz. Lo Mein Noodles  
½ oz. Sesame Oil  
.2 oz. Ginger, Chopped  
1 ½ oz. Seasoned Rice Vinegar  
1 ½ oz. Soy Sauce, Gluten-Free  
4 oz. Shredded Red Cabbage

## WHAT YOU NEED

Olive Oil  
Salt  
Pepper

## EQUIPMENT

Medium Pot  
Wire-Mesh Strainer  
Medium Pan

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## Prepare the Ingredients

Bring a medium pot of **lightly salted water** to a boil. Place a wire-mesh strainer in the sink. Thoroughly rinse produce and pat dry. Cut **mushrooms** into small ½” dice. Coarsely chop **peanuts**. Trim and slice **green onions** thinly on a bias (angle). Mince **garlic**. Remove tough outer layer of **lemon-grass** by peeling away with your fingers, exposing the tender stalk underneath. Very finely mince bottom 3” of stalk and discard the rest. *Lemongrass is an extremely fragrant and flavorful herb with a citrus flavor used in many Asian cuisines.*



## Cook the Noodles

Place **noodles** into boiling **salted water** and cook until al dente (6-10 minutes). Strain and return to pot. Toss with half the **sesame oil**. *Tossing with sesame oil helps flavor the noodles, but also keeps them from sticking. If noodles get sticky, add warm water 1 Tbsp. at a time until they loosen up.*



## Cook the Mushrooms

Place a medium pan over medium-high heat. Add 1 Tbsp. **olive oil** and chopped **mushrooms**. Cook, stirring occasionally, until moisture begins to cook out and mushrooms start to brown and sizzle in pan, about 5-7 minutes.



## Continue Cooking the Mushrooms

Add half the **green onion**, **garlic**, **minced lemongrass**, and **ginger** to pan and cook until fragrant (about 1 minute). Add half the **peanuts**, **rice vinegar**, ¼ cup **water**, and **soy sauce** and cook for 2-3 more minutes. Season to taste with a pinch of **salt and pepper**.



## Toss the Noodles

Transfer half the **mushroom mixture** to a plate. Add **cooked noodles** and **red cabbage** to remaining mushroom mixture in pan and toss to coat. Season with remaining **sesame oil** (to taste). *Sesame oil, made from sesame seeds, is widely used in Asian cuisines. It has a delicious but powerful flavor, so use it sparingly.*



## Plate the Dish

Divide **noodles** between two bowls. Top noodles with reserved cooked **mushrooms**, remaining **green onions**, and remaining **peanuts**. Serve immediately.