



Vegetable Chow Mein

Ingredients

- packets Maggi papare kottu noodle
- g Chinese Cabbage
- g Bokchoy
- g Chopped Carrots
- g cauliflower
- g Broccoli
- g Corn
- g Mushroom
- g Beans
- g Mushroom
- tbsp Oyster sauce
- g Garlic
- g Onion
- 1/2 1/2 tsp Ajinomoto
- tsp Sugar
- 1/2 1/2 tsp Sesame oil
- tbsp Corn flour
- tbsp Corn oil
- tbsp Soya sauce
- 1/2 1/2 cups Water
- cube Maggi vegetable seasoning cube
- g Pepper
- g Ginger

Instructions

1. Boil the MAGGI noodles and deep fry.
2. Boil all the vegetables in hot water.
3. Add the water and MAGGI vegetable cubes.
4. Add sesame oil and soya sauce.
5. When it is boiling add sugar and salt.
6. Add corn flour and then add vegetables.
7. Simmer till gravy is slightly thick.
8. Arrange the fried noodles in a flat platter and the vegetable on top of the noodles.

Nutrition

Carbohydrates	73.88 g
Energy	438.29 kcal
Fats	25.13 g
Fiber	8.02 g
Protein	14.78 g
Sodium	1922.37 mg
Sugars	1922.37 mg

18 Minutes

4 Portions