

VEGGIE PACKED LO MEIN

Serves 6 | Prep: 15 mins | Total: 35 mins

Difficulty level: Easy



INGREDIENTS

- ½- 1-pound boneless, skinless chicken breast, cut into small chunks (optional)
- 1 (454 gram) box linguini, fettuccine, or spaghetti, broken in half
- 4 medium carrots, peeled and cut into thin 3-inch long strips
- 2 bell peppers of choice, cut into thin 3-inch long strips
- 1 bunch green onions, white part sliced, and green part cut into 3-inch long strips
- 1 small head broccoli, cut into small pieces
- 4 cloves garlic, minced
- ¼ cup soy sauce
- 1 teaspoon cornstarch
- 1 tablespoon sugar
- ½ teaspoon red pepper flakes (optional)
- 4 cups chicken or vegetable broth
- 2 teaspoons oil, of choice

INSTRUCTIONS

1. In a large pot, add the chicken, then the pasta, and then the remaining ingredients.
2. Bring to a boil over high heat. Once boiling, stir and reduce to medium-low heat.
3. Cover and cook for 15 minutes, stirring occasionally.
4. Once most of the liquid is gone and chicken is no longer pink inside, remove from heat and let sit uncovered for 5 minutes.
5. Serve.

For more information, visit thefoodbank.ca/food

Adapted from thewholesomedish.com