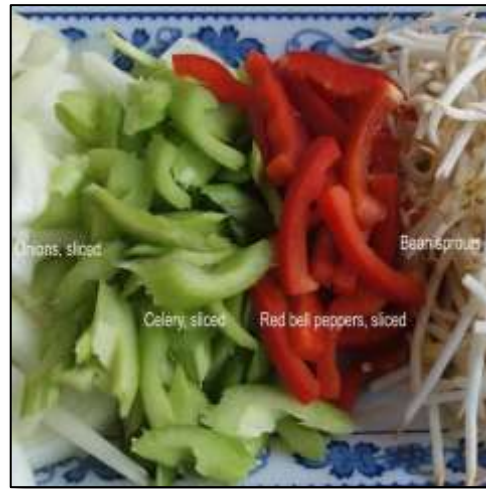




Vegetarian Chow Mein with Spaghetti Fusion Recipe



Ingredients: Yield 4.5 Lbs.

- 2 C. **Garlic Sesame Sauce** (Starport 209)
- 2.4 Lbs. Spaghetti, cooked (1 lb. dried spaghetti yields about 2.4 lbs. after cooked) Options: Dried or fresh Asian style noodles
- 1 C. Red bell peppers, sliced (5 oz.)
- 2 C. Celery, sliced (8 oz.)
- 2 C. Onions, sliced (10 oz.)
- 3 C. Bean sprouts, fresh (14 oz.)
- 2 Tbsp. *Garlic/ginger minced
- ¼ C. Green onions, chopped for garnish (1 oz.)
- 6 Tbsp. Corn oil



Grilled Spaghetti

*Garlic/ginger – Mix 2 parts of crushed fresh garlic with one part of finely minced ginger. Place in pan, add enough oil to cover, and heat and stir until ingredients reach 170F. Hold for 5 minutes, remove and refrigerate.

Instructions

1. Cook spaghetti per manufacturer's instruction until al dente. Drain well and toss with 2 Tbsp. of corn oil. If not used immediately, cover and refrigerate.
2. Season cooked spaghetti with ¼ C. **Garlic Sesame Sauce**, coat and mix well.
3. Heat griddle or wok at high heat, add 2 Tbsp. corn oil, spread spaghetti on griddle and let brown, 2-3 minutes. Turn spaghetti over and brown the other side, just like cooking pancake. Remove when both sides are browned and crispy.
4. Clean griddle or wok and add 2 Tbsp. corn oil. Add onions, celery and red bell peppers, spread evenly on griddle or wok, do not stir, and let sear 20–30 seconds. Add garlic/ginger then stir-fry 1-2 minutes.
5. Add browned spaghetti, toss with vegetables. Mix well, and then add in 2 C. **Garlic Sesame Sauce**.
6. Add in fresh bean sprouts, toss well and remove.
7. Garnish with chopped green onions.