



LONG LIFE NOODLES

Longevity Noodles (yī miàn, 伊面), also known as yī mein or e-fu noodles, symbolize long life and can always be found on the banquet table at Chinese celebrations.



Yield: 1 large batch

Total Time: 60 min

INGREDIENTS:

- 1 (12 oz) package of noodles (traditional noodles are lo mein – but you can use soba, spaghetti, any long noodle)
- 2 cups snow peas, chopped
- 1 bunch scallions, sliced
- 1 small cabbage (or ½ of a cabbage), shredded
- ½ cup water with vegetable bouillon cube dissolved in it
- 4 tablespoons soy sauce
- 2 tablespoons vegetable oil
- 1 tablespoon brown sugar
- 1 chunk ginger (1"), minced
- 2 garlic cloves, minced
- Salt + pepper to taste

TOOL BOX



Large pot
Large skillet
Mixing bowls
Measuring cups
Measuring spoons
Knife or kid choppers
Scissors (for scallions)
Spoon or spatula
Strainer

Long noodles are a symbol of long life and good fortune in many cultures!

**CIRCLE ANY NEW INGREDIENTS
YOU TRIED TODAY!
PUT A :) BY YOUR FAVORITE**

PREPARATION:

1. In the larger pot, bring salted water to a boil and boil the noodles according to the package. Drain and reserve.
2. Chop snow peas, Peel + mince ginger and garlic. Slice scallions (with scissors!). Shred cabbage with wavy choppers.
3. Dissolve bouillon. Make sauce with soy, ginger, garlic, and brown sugar.
4. To the large skillet, add the oil and sauté the cabbage on high heat for a few minutes until it begins to wilt. Add the snow peas and scallions and sauté another 3 minutes until heated through.
5. Add the sauce and bring to a simmer (3-4 minutes).
6. Add the noodles and sauté until they are covered with sauce.
7. Taste and season with salt and pepper.
8. Serve!



TIP: *Try cutting all your veggies before you start cooking so everything is ready to go when it's time to sauté!*

HOW KIDS CAN HELP:

- Chop veggies into small "bite size" pieces
- Cut scallions with scissors
- Mix the sauce
- Take turns helping sauté

RATE THE RECIPE!



HOW WOULD YOU MAKE THIS DIFFERENT NEXT TIME?

LEARN MORE ABOUT OUR COOKING PROGRAMS AT ILOVESCHOOLHOUSE.COM