



INGREDIENT LIST

La Choy soy sauce
Coconut aminos
oyster sauce
hoisin sauce
rice vinegar
toasted sesame oil
Chinese five-spice powder
Sambal Oleek
Chinese rice cooking wine (mirin or Shao-Xing)
or dry sherry

vegetable broth, preferably swanson
cornstarch
Baking Powder
Salt
Sugar
Brown Sugar
Seltzer, ice cold
vegetable oil

cremini or white button mushrooms
carrots
water chestnuts
scallions
Napa or Chinese cabbage
broccoli
fresh cilantro
cauliflower
red bell pepper
asparagus
garlic
fresh ginger

Aproten spaghetti or linguine (or favorite low
protein pasta)
Cook for Love Baking mix
Wheat Starch
Xanthan gum

EQUIPMENT

Wok, not necessary (but helpful). Otherwise largest skillet you have
Deep Fryer, not necessary (but helpful). Otherwise small pot with oil
Knife, cutting board, pot