

## Empty out the Fridge Stir-fry

This recipe was provided by Connie Cheung. Connie states, "I usually use whatever veggies I have in the fridge for this stir-fry, and whatever protein I happen to have around. It makes for a nice end of the week emptying of the refrigerator!"

### Ingredients

Oil for frying (vegetable, canola, safflower or sesame)- approximately  
2-3 Tablespoons

Fresh lo mein noodles (Nasoya brand has 9oz. pkg found in most  
supermarkets)

4 eggs, beaten

1 yellow onion, chopped

3 cloves finely chopped garlic

Veggies lying around in your fridge (I generally like to use 1 red  
bell pepper, 2 handfuls sugar snap peas)

2 handfuls mung bean sprouts

½ lb Protein (cooked cubed chicken, shrimp, sliced boneless spare  
ribs, or tofu)

Soy sauce to taste

Siracha hot sauce to taste

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## Mise en place! (Everything in its place)

### Directions

1. In non-stick skillet, cook egg into an omelet style. Cool and slice into strips. Set aside.
2. Chop whatever veggies you are using into bite size pieces.
3. Boil water in large pot for lo mein noodles. Cook according to package directions. Drain and set aside.
4. Heat a large skillet or wok. Pour in oil. Add onion and sauté over low to medium heat for a few minutes to soften.
5. Add garlic and cook approximately 2 minutes.
6. Turn up heat to medium-high.
7. Add chopped sugar snap peas and bell pepper. Cook quickly, for 2-3 minutes, making sure they stay crisp.
8. Add a couple handfuls of noodles and stir to mix the ingredients together.
9. Add the protein, sliced egg, mung bean sprouts and stir.
10. Add Siracha and soy sauce to taste. Heat all the way through.

[Link to Video](#)