

Lo Mein with Clams and Mussels

Featuring Clams, Mussels

Seafood, such as mussels, clams, and shrimp, pair deliciously with vegetables and noodles in this classic Chinese-American dish. Fresh lo mein noodles can be found in well-stocked Asian markets, but spaghetti works well too. Dark soy sauce is a classic ingredient because it gives the noodles the traditional darker color, but light soy sauce can be used as a substitute if needed.

Ingredients:

1/2 pound fresh lo mein noodles or dried spaghetti
3 teaspoons toasted sesame oil, divided
1/2 pound fresh or frozen clams in shell
1/2 pound fresh or frozen mussels in shell
1 tablespoon reduced-sodium light soy sauce
1 1/2 teaspoons dark soy sauce
1 1/2 teaspoons oyster sauce
1 teaspoon fresh grated ginger
1/4 teaspoon sugar
1/8 teaspoon ground white pepper
2 tablespoons grapeseed (or avocado oil), divided
1/2 pound medium shrimp (26/30 size), peeled and deveined
1 large clove garlic, peeled, minced
2 cups fresh cremini mushrooms, sliced
1/2 medium red bell pepper, sliced into strips
2 cups shredded napa cabbage
1 cup trimmed snow peas
2 scallions (or green onions), sliced

Instructions:

- 1 Bring a large pot of water to boil over high heat. Cook the noodles according to package instructions, or about 2-3 minutes for fresh noodles and 8-10 minutes for dried. Drain the noodles in a colander and rinse with cold water. Toss with 2 teaspoons of the sesame oil to prevent sticking and set aside.
- 2 Place a steamer basket in the large pot (or use a double boiler) and fill with 1-inch of water. Add clams and mussels. Bring the water to a boil over high heat, then cover the pot and reduce the heat to medium. Steam the clams and mussels until the shells are open, about 5 minutes. Remove the pot from the heat.
- 3 Meanwhile, whisk the remaining 1 teaspoon of sesame oil, light soy sauce, dark soy sauce, oyster sauce, ginger, sugar, and white pepper in a small bowl to make the sauce. Set aside.
- 4 Heat 1 tablespoon grapeseed oil (or avocado oil) in a wok or large cast-iron skillet over high heat. Add shrimp and cook, stirring occasionally, until no longer pink, about 2 minutes. Transfer the shrimp to a bowl.
- 5 Add the remaining 1 tablespoon grapeseed oil (or avocado oil) and garlic to the pan. Cook, stirring, for 15 seconds. Add mushrooms and bell pepper. Cook, stirring occasionally, until the vegetables start to soften, about 2 minutes. Add cabbage and cook, stirring frequently, until the cabbage starts to soften, about 30 seconds. Add snow peas and the reserved noodles, shrimp, mussels, clams, and the sauce. Combine everything well and cook until hot, about 2 minutes. Top with the scallions (or green onions) and serve.

**Makes 4 servings,
2 cups each**

Prep Time: 20 min.
Cooking Time: 10 min.
Total Time: 30 min.

Recipe Author

Breana Lai Killeen, MPH, RDN is a Vermont-based chef, dietitian, and farmer focused on sustainable agriculture, cultural inclusivity in recipe development, and always serving a delicious meal.

Nutritional information (per serving):

345 calories, 12 g fat, 1 g saturated fat, 627 mg sodium, 39 g carbohydrate, 97 mg cholesterol, 3 g total sugar, 3 g fiber, 20 g protein



Watch the recipe video here:
bit.ly/44L1ymB