

Brussels sprouts and shiitake lo mein

SERVES 6 | 30 MINUTES

Billy Ngo, now chef at Kru, a Japanese restaurant, shared this dish (and the rest of the menu) inspired by his previous restaurant, Red Lotus.

- 1 oz. dried shiitake mushrooms
- 4 oz. dried thin egg noodles
- ¼ cup vegetable oil, divided
- 1 lb. brussels sprouts, trimmed and halved
- ½ small yellow onion, sliced
- 1 tbsp. minced garlic
- ½ tsp. each white pepper, sugar, and kosher salt
- ½ cup vegetable broth
- 2 cups mung bean sprouts, rinsed
- 2 green onions, sliced diagonally
- Soy sauce

1. **Put** mushrooms in a heat-proof bowl. Bring a medium saucepan filled with water to a boil. Ladle 2 cups water over mushrooms and let sit until very soft, 15 to 20 minutes.
2. **Add** noodles to pan and cook until tender, about 6 minutes. Drain and set aside.
3. **Heat** 2 tbsp. oil in a wok or large frying pan over high heat. Add brussels sprouts and onion and cook 3 minutes. Drain mushrooms and squeeze out any excess liquid, then add to wok. Cook, stirring occasionally, until onion starts to soften and brussels sprouts are bright green, about 3 minutes. Add garlic and cook until fragrant, about 2 minutes. Stir in

seasonings and broth and cook until most of liquid is gone, about 3 minutes.

4. **Add** remaining 2 tbsp. oil and the noodles, tossing to coat, and cook until hot, about 2 minutes. Add bean sprouts and cook just until warm. Transfer to a serving dish and sprinkle with green onions. Serve with soy sauce.

PER SERVING 234 CAL., 43% (92 CAL.) FROM FAT; 6.3 G PROTEIN; 11 G FAT (1.3 G SAT.); 26 G CARBO (4.3 G FIBER); 286 MG SODIUM; 19 MG CHOL.



PARTY TIP

Skip the rum, and you've got a good virgin option.

Shanghai buck cocktail

SERVES 2 | 10 MINUTES

Put 2 tsp. grated fresh ginger, ½ tsp. aromatic bitters, and 2 tbsp. lime juice into each of 2 tall cocktail glasses. Fill glasses with ice. Add ½ cup light rum and 12 oz. ginger beer, dividing both evenly.

PER SERVING 260 CAL., 0% (0.4 CAL.) FROM FAT; 0.1 G PROTEIN; 0.04 G FAT (0 G SAT.); 28 G CARBO (0.1 G FIBER); 12 MG SODIUM; 0 MG CHOL.