

# Chicken Lo Mein

Supper Theme: China

Prep Time: 15 minutes \* Cook Time: 10 min.

Yield: 4 servings



## Ingredients

- 1 lb chicken breast, sliced
- 1 teaspoon ground black pepper
- 1 teaspoon salt
- 2 teaspoons sesame oil, divided
- $\frac{1}{4}$  cup low-sodium chicken broth
- 1 tablespoon soy sauce
- 1 tablespoon hoisin sauce
- 1 teaspoon cornstarch
- 1 tablespoon vegetable oil
- 2 cloves garlic, minced
- 1 tablespoon minced fresh ginger
- $\frac{1}{2}$  cup mushrooms, sliced
- $\frac{1}{2}$  cup Sweet Vidalia onion, sliced
- $\frac{1}{2}$  large red bell pepper, sliced  $\frac{1}{4}$  inch thick
- $\frac{1}{2}$  cup carrot, sliced
- $\frac{1}{2}$  cup sugar snap peas, halved
- 16 oz Chinese egg noodles or spaghetti/linguine/fettucine
- 1 tablespoon scallions, chopped, for garnish
- 2 teaspoons toasted white sesame seeds, for garnish (optional)



## Preparation

1. Start by boiling water in a large pot if you're using raw or dried noodles. If you're using fresh uncooked egg noodles: boil it for 2 minutes or until al dente. Drain and rinse the noodles under running

water then drizzle on a small amount of oil to prevent them from sticking together.

If you're using dried noodles: like dried lo mein, spaghetti, linguine, or fettuccine, boil the noodles until they're al dente. An easy way is to do this is to boil it one minute less than the package instructions state. Rinse the noodles and drizzle a small amount of oil to prevent sticking.

2. In a medium bowl, season the chicken with pepper, salt and 1 teaspoon of sesame oil. Mix thoroughly and set aside.

3. In a separate medium bowl, combine the chicken broth, remaining teaspoon of sesame oil, soy sauce, hoisin sauce, and cornstarch. Mix thoroughly and set aside.

4. Heat the vegetable oil in a wok or large pan over medium-high heat. Add the chicken and cook until no longer pink inside, 3-4 minutes. Remove the chicken from the pan and set aside.

5. Add the garlic and ginger to the pan and cook until fragrant.

6. Add the mushrooms, onions, bell pepper, carrots, and sugar snap peas. Stir fry until the vegetables are tender.

7. Return the cooked chicken to the pan and add the cooked egg noodles and reserved sauce. Cook for 3 minutes, until everything is well-coated in the sauce.

8. Serve garnished with scallions and toasted sesame seeds.

#### Chef Notes:

Refrigerate: Store leftovers in an airtight container and store it in the fridge for up to 3 days.

Freeze: Store leftovers in a freezer safe container and freeze for up to one month.

