

GARLIC CHICKEN LO MEIN

Ingredients

- 2 boneless, skinless chicken breasts, cubed
- 8 ounces buckwheat lo mein noodles
- 2 cups cabbage, shredded

*Katie
Recipes*

Garlic Chicken Lo Mein

Ingredients:

For the Chicken:

- 2 boneless, skinless chicken breasts, cubed
- 1 tablespoon garlic powder
- Salt and pepper, to taste
- 1 tablespoon fish sauce
- 1 teaspoon fresh ginger, grated

For the Vegetables:

- 10 garlic cloves, minced
- 2 cups cabbage, shredded
- 2 carrots, shredded
- 4 green onions, sliced
- 2 teaspoons fresh ginger, grated
- 6 ounces mushrooms, sliced
- 2 cups broccoli florets
- 2 celery stalks, sliced

For the Noodles and Sauce:

- 8 ounces buckwheat lo mein noodles
- 1/4 cup soy sauce
- 1 tablespoon hoisin sauce
- 1 teaspoon fish sauce
- 1 teaspoon black pepper
- 2 tablespoons Szechuan garlic butter (see note)
- Cooking oil (e.g., canola or vegetable oil)

Instructions:

1. Prepare the Chicken:

- In a bowl, combine cubed chicken, garlic powder, salt, pepper, fish sauce, and grated ginger. Mix well to coat the chicken evenly.

2. Cook the Noodles:

- Boil lo mein noodles according to package instructions, undercooking by 1–2 minutes to maintain firmness. Drain and set aside.

3. Sauté the Chicken:

- In a hot skillet or wok, heat 1 tablespoon of cooking oil over medium-high heat.
- Add the seasoned chicken and cook until golden brown, about 6–8 minutes.
- In the last 2 minutes, add 1 tablespoon of Szechuan garlic butter and half of the minced garlic. Sauté until fragrant.
- Remove chicken from the pan and set aside.

4. Sauté the Vegetables:

- In the same pan, add another tablespoon of cooking oil if needed.
- Add the remaining minced garlic and grated ginger; sauté for 1 minute.

- Add cabbage, carrots, green onions, mushrooms, broccoli, and celery. Stir-fry until vegetables are tender-crisp, about 5–7 minutes.

5. Combine and Sauce:

- Return the cooked chicken to the pan with the vegetables.
- Add the undercooked noodles to the pan.
- Stir in soy sauce, hoisin sauce, fish sauce, black pepper, and the remaining Szechuan garlic butter.
- Toss everything together over medium heat until noodles are fully cooked and the sauce evenly coats all ingredients, about 2–3 minutes.

6. Serve:

- Remove from heat and serve hot.

Servings: 4

Prep Time: 20 minutes

Cook Time: 20 minutes