

Chicken Lo Mein Stir Fry

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Ingredients (serves 2):

- 1 thin Chicken breast
- Corn starch
- Broccoli
- Green pepper
- Red/Orange pepper
- Red onion
- Green onion
- Dried red chilly
- 1/2 tsp Garlic
- 1/2 tsp Ginger
- Lo Mein noodle
- Low sodium soy sauce
- General Tso's sauce
- Olive oil
- Salt
- Sesame seeds

Recipe:

1. Wash and cut chicken breast into thin strips and place in bowl. Add little bit of oil, cornstarch, salt, and little bit of soy sauce.

2. Cook chicken in wok on high heat and stir constantly. Once cooked, set aside.
3. Cook lo mein noodles according to package instructions After cooking, wash in cold water and set aside.
4. Prepare/cut broccoli, green pepper, red/orange pepper, red onion, green onion, dried red chilly, garlic and ginger.
5. Stir fry broccoli, green pepper, red/orange pepper, red onion and green onion in oil, add salt. Add ginger, ginger, and chilly at the end and cook for 1 min. Add little bit of soy sauce at the end.
6. Add general tso's sauce to the vegetables, then add chicken (and more sauce if needed). Finally, add lo mein noodles to the pan. Top with sesame seeds at the end.