

Chicken Lo Mein

Chicken Lo Mein is a delicious lo mein recipe that is made with chicken breast, a variety of vegetables, and tossed in a delicious savory sauce.

Prep Time
20 mins

Cook Time
30 mins

Total Time
50 mins



5 from 9 votes

Course: Chinese Food Cuisine: Asian

Keyword: Chicken Lo Mein, Chinese Food, Lo Mein

Servings: 6 Servings Calories: 305kcal

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Ingredients

- 2 tablespoons butter
- 3 chicken breasts
- 1 teaspoon garlic salt
- 1 teaspoon pepper
- ½ teaspoon onion powder
- ½ teaspoon red pepper flakes
- ½ teaspoon paprika
- 2-3 teaspoons vegetable oil
- 1 medium onion, diced
- 1 red bell pepper, diced
- 3 cloves garlic, minced
- 1 cup carrots, shredded
- 1 cup cabbage, shredded
- 1 cup snow peas
- 2-3 cups broccoli florets
- 1 package Lo Mein noodles

For the Sauce:

- 1¼ cup chicken broth
- ½ cup brown sugar
- ¼ cup oyster sauce
- ½ cup soy sauce
- ¼ cup hoisin sauce
- 1 tablespoon sesame oil
- ½ teaspoon red pepper flakes
- 1 tablespoon ginger
- 1 teaspoon pepper
- 2 tablespoons cornstarch + 2 tablespoons water

Instructions

For the Chicken

1. Add butter to wok and heat over medium heat.
2. Add chicken and seasonings to wok. Cook until the chicken is no longer pink. Remove and set aside.
3. In the same pan, add vegetable oil and heat over medium heat. Add onions, carrots, and red bell pepper. Cook until crisp, but tender.
4. Add minced garlic, broccoli, cabbage, and snow peas and cook for 3-4 minutes.
5. Cook noodles per package directions.
6. Add vegetables back to the pan along with the chicken.

For the Sauce

1. In a medium saucepan, stir everything together, except cornstarch and water.
2. Add cornstarch and water to the sauce. Stir.
3. Pour sauce into the pan with the noodles and chicken.
4. Toss everything together and let cook for 3-4 minutes.

Notes

Recipe inspired from [Momdish.com](https://www.momdish.com)

Nutrition

Calories: 305kcal | Carbohydrates: 38g | Protein: 17g | Fat: 10g | Saturated Fat: 3g | Polyunsaturated Fat: 3g | Monounsaturated Fat: 3g | Trans Fat: 1g | Cholesterol: 47mg | Sodium: 2236mg | Potassium: 648mg | Fiber: 4g | Sugar: 25g | Vitamin A: 4814IU | Vitamin C: 74mg | Calcium: 79mg | Iron: 2mg