

Chicken Lo Mein

"This Chicken Lo Mein is an authentic recipe made with silky noodles stir-fried with tender chicken, carrots and red bell peppers paired with a savory Asian sauce and is healthier and way better than takeout! So easy to make at home in under 30 minutes in just one pan and includes grain-free, low carb, keto and paleo options." 8 Servings.

Ingredients

12 oz lo mein noodles	2 chicken breasts
6 Tbsp cooking oil	4 tsp garlic
1 tsp minced ginger	2 red bell pepper
⅓ cup shredded carrots (or more)	1 cup bok choy (1 baby worked nicely though)
½ cup snow peas (or more)	Salt & pepper to taste
⅓ soy sauce	2 Tbsp oyster sauce
2 Tbsp rice vinegar	2 tsp brown sugar
4 tsp sesame oil	1 ½ cup water
1-2 tsp fish sauce (optional)	1 tsp dark soy sauce (optional)
±3 tsp chili garlic paste	Green onion & sesame seeds (optional)

Directions

1. Prepare veggies, cook noodles.
2. Whisk together sauce.
3. Heat 1 Tbsp oil and cook chicken till browned, about 5-6 mins. Transfer chicken to plate.
4. Add remaining oil to skillet. Add garlic & ginger and cook for 30 seconds. Add red peppers, carrots, bok choy, and snow peas, and cook 1-2 minutes until tender.
5. Add noodles, chicken, and sauce to saucepan. Toss well and turn heat up to bubble sauce. Taste before adding salt and pepper.
6. Sprinkle with green onion and sesame seed if desired.

Notes

Rewritten from <https://lifemadesweeter.com/chicken-lo-mein/> because it was too difficult to read with all of the weird dietary options.

Consider using a big pot instead of a skillet if you are making 8 servings. You could probably use a skillet if you halved the recipe for four.