



Chow Mein with Chicken and Vegetables

Jacob · 30/09/2024



Prep Time

20 mins

Difficult

Medium

Servings

55 mins

Description

This stirfry combines chicken breast bok choy zucchini carrots snap peas and chow mein noodles in a flavorful Chineseinspired sauce

Ingredients

- - 2 teaspoons soy sauce - 1 teaspoon cornstarch - $\frac{1}{4}$ teaspoon sesame oil - $\frac{1}{2}$ pound skinless
- boneless chicken breast halves
- cut into strips - $\frac{3}{4}$ cup chicken broth - 2 tablespoons oyster sauce - $\frac{3}{4}$ teaspoon white sugar - $\frac{1}{2}$ pound chow mein noodles - 1 tablespoon vegetable oil - 1 teaspoon minced garlic - 2 heads bok choy
- chopped - $\frac{1}{2}$ zucchini
- diced - 10 sugar snap peas - 1 carrot
- cut into thin strips - 2 tablespoons chopped green onion

Instructions

1. Whisk soy sauce
2. corn starch
3. and sesame oil together in a large bowl until smooth; add chicken strips and toss to coat. Cover and refrigerate for at least 20 minutes. Combine chicken broth
4. oyster sauce
5. and sugar in a small bowl and set aside. Bring a large pot of water to a boil. Add noodles and cook over medium heat until cooked through but still firm to the bite
6. 4 to 5 minutes. Drain and rinse with cold water. Heat vegetable oil in a large skillet. Cook and garlic in hot oil for 30 seconds; add marinated chicken. Cook and stir until browned and no longer pink in the center
7. 5 to 6 minutes. Remove chicken mixture to a plate. Cook and stir bok choy
8. zucchini
9. snap peas
10. and carrot in the hot skillet until softened
11. about 2 minutes. Return noodles and chicken mixture to the skillet. Pour broth mixture into noodle mixture; cook and stir until warmed through
12. about 2 minutes. Serve garnished with green onions.