



chicken & vegetable lo mein

Looking to curb your cravings for take-out Chinese food? We're here to help you ditch the MSG and save some money with this incredible and super speedy Chicken & Vegetable Lo Mein. All you need is 15 minutes to whip up this incredible dish, saucy noodles overflowing with chicken and vegetables.

SERVES: 6

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julie albert & lisa gnat

ingredients

- 1 (14oz/400g) package fresh lo mein, chow mein or other Chinese noodles
- 1 cup chicken broth
- 1/3 cup soy sauce
- 3 tbsp oyster sauce
- 2 tbsp hoisin sauce
- 2 tbsp mirin
- 1 tbsp cornstarch
- 1 tbsp peanut oil
- 3 cups chopped bok choy
- 2 large red bell peppers, chopped
- 1 1/2 cups chopped celery
- 3 cups deli roasted chicken breast, shredded or cubed

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directions

- 1.** Fill a large saucepan with water and bring to a boil. Once boiled, reduce heat to low and add fresh noodles. Stir to loosen the noodles and cook for about 2 minutes. Drain and set aside.
- 2.** In a medium bowl, whisk broth, soy sauce, oyster sauce and hoisin sauce. In a small bowl, dissolve the cornstarch in the mirin. Add cornstarch mixture to broth mixture whisking well to combine. Set aside.
- 3.** In a wok or a large skillet, heat peanut oil over high heat. Add bok choy, red peppers and celery. Stir fry for 2-3 minutes until the vegetables have softened slightly. Add chicken, softened noodles and broth mixture. Cook, stirring for 2 minutes, until sauce is thickened.

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“He who asks is a fool for 5 minutes, but he who does not ask remains a fool forever.”

– CHINESE PROVERB



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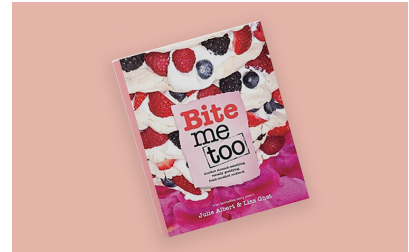
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