

Chicken Lo Mein

Ingredients

8 oz Chicken Breasts (sliced)	1/2 t Salt
1/2 t White Pepper	2 T Rice Wine
2 1/2 T Soy Sauce	1 T Cornstarch
3 1/2 T Vegetable Oil	1 Carrot (julienned)
3 c Napa Cabbage (sliced)	1/4 Onion (sliced)
5 Green Onions (chopped, whites	and greens separated)
1 T Ginger (grated)	5 clv Garlic (minced)
1 T Oyster Sauce	1 T Dark Soy Sauce
1 1/2 t Sesame Oil (plus 1	tablespoon)
1/2 T Sugar	1 T Water
1/4 t Chicken Bullion	8 oz Lo Mein Noodles (dried or 1
pound fresh)	

Chicken Lo Mein

Instructions

1. Slice the chicken breast into 1/4" strips against the grain and place in a bowl. Marinate with salt, 1/4 teaspoon white pepper, 1 tablespoon soy sauce, 1 tablespoon rice wine, 1/2 tablespoon cornstarch and 1/2 tablespoon vegetable oil. Let marinate for 15-20 minutes.
2. On a plate, add the vegetables, garlic, and ginger and set aside, separating your green onions.
3. In a small bowl combine 1 1/2 tablespoons soy sauce, oyster sauce, dark soy sauce, 1 tablespoon rice wine, 1 teaspoon sesame oil, 1/4 teaspoon white pepper, sugar, water, 1/2 tablespoon cornstarch and chicken bullion.
4. Bring a large pot of water to a boil. Add the lo mein noodles and cook about 2 minutes less than package directions, drain, then rinse with cold water and drain dry. Coat with 1 tablespoon sesame oil to prevent sticking.
5. In a large wok over high heat, add 3 tablespoons vegetable oil and 1/2 teaspoon sesame oil and heat until just smoking. Add the marinated chicken and saute for 2-3 minutes or until cooked through then transfer to a plate.
6. In the remaining oil, sautÃ© the garlic and ginger for 15 seconds, followed by the

Chicken Lo Mein

green onion whites, carrots, onions, and cabbage. SautÃ© for 3 to 4 minutes until slightly wilted and charred.

7. Add the lo mein noodles, chicken, and sauce and mix thoroughly for 1-2 minutes. Continue cooking until sauce has thickened and is evenly coated. Add the rest of the green onions, mix, and enjoy!