

# Chicken Chow Mein

Yield: 4 min  
Total Time: 25 min

Recipe from: <https://www.recipeschoose.com/recipes/jamaican-chow-mein-recipe>

## Ingredients:

- 1 pound chow mein noodles or refrigerated yakisoba
- 1 pound boneless skinless chicken breasts \*\*, sliced into 1/2-inch thick strips
- 1 cup celery thinly sliced, 3 stalks
- 2 tablespoons vegetable oil
- 3 cups green cabbage thinly sliced
- 1 1/2 cups matchstick carrots
- 2/3 cup green onions chopped, about 5
- 2 teaspoons minced ginger
- 2 garlic cloves minced
- 4 tablespoons low sodium soy sauce
- 1 tablespoon oyster sauce \*\*\*, or more to taste
- 1 tablespoon granulated sugar
- 1 1/2 teaspoons sesame oil

## Nutrition:

1. Calories: 870 calories
2. Carbohydrate: 80 grams
3. Cholesterol: 75 milligrams
4. Fat: 47 grams
5. Fiber: 8 grams
6. Protein: 35 grams
7. SaturatedFat: 6 grams
8. Sodium: 1350 milligrams
9. Sugar: 6 grams

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