

Sesame Chicken Chow Mein

Yield: 6 min
Total Time: 30 min

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

Ingredients:

- 1 cup flour
- 1/2 cup sesame seeds
- 1 teaspoon ground black pepper
- 1 teaspoon spice Chinese 5, powder
- 1 teaspoon crushed red pepper flakes
- 5 skinless boneless chicken breasts cut into strips
- vegetable oil to fry
- 3 tablespoons teriyaki sauce
- 2 tablespoons honey
- 3 carrots
- 6 cloves garlic minced
- 4 green onions diced
- 2 green peppers julienne-thin long strips
- 2 red peppers julienne
- 1 bag sugar snap peas
- 600 grams rice noodles Chinese
- 4 tablespoons soy sauce
- 1 tablespoon salt
- 2 tablespoons sesame oil
- 1/2 teaspoon black pepper

Nutrition:

1. Calories: 510 calories
2. Carbohydrate: 61 grams
3. Cholesterol: 65 milligrams
4. Fat: 17 grams
5. Fiber: 6 grams
6. Protein: 29 grams
7. SaturatedFat: 2.5 grams

8. Sodium: 2280 milligrams
 9. Sugar: 11 grams
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