

# Crispy Chow Mein Noodles

Yield: 6 min  
Total Time: 40 min

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

## Ingredients:

- 400 grams boneless chicken thighs thinly sliced
- 2 tablespoons Chinese cooking wine
- 1 tablespoon soy sauce
- 1 tablespoon cornstarch
- 1 teaspoon salt
- oil
- 2 bunches bok choy cut in half
- 1 large carrot sliced
- 8 pieces baby corn cut in half
- 4 pieces dried shiitake mushrooms
- 10 pieces white button mushrooms sliced
- 1 white onion sliced
- 1 1/2 cups chicken stock
- 1/2 cup boiling water
- 2 tablespoons oyster sauce
- 2 tablespoons sesame oil
- 2 teaspoons sugar
- 2 tablespoons cornstarch
- 4 cloves garlic
- fish sauce
- white pepper
- oil
- 250 grams chow mein noodles fresh
- oil

## Nutrition:

1. Calories: 560 calories
2. Carbohydrate: 37 grams
3. Cholesterol: 60 milligrams

4. Fat: 38 grams
  5. Fiber: 3 grams
  6. Protein: 17 grams
  7. SaturatedFat: 6 grams
  8. Sodium: 1040 milligrams
  9. Sugar: 4 grams
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