

Chicken Lo Mein Restaurant Style

Yield: 5 min
Total Time: 30 min

Recipe from: <https://www.recipeschoose.com/recipes/chinese-restaurant-chicken-lo-mein-recipe>

Ingredients:

- 8 ounces boneless skinless chicken thighs cut into thin strips
- 2 teaspoons cornstarch
- 2 teaspoons water
- 2 teaspoons oil plus more for cooking
- 1 clove garlic minced
- 4 cups shredded cabbage
- 2 medium carrots julienned
- 1 tablespoon Shaoxing wine or dry sherry cooking wine
- 16 ounces egg noodles fresh lo mein
- 1 tablespoon soy sauce
- 4 teaspoons dark soy sauce
- 1 teaspoon sesame oil
- 1 pinch salt
- 1 pinch sugar
- 2 cups mung bean sprouts
- 2 scallions julienned

Nutrition:

1. Calories: 480 calories
2. Carbohydrate: 76 grams
3. Cholesterol: 105 milligrams
4. Fat: 8 grams
5. Fiber: 6 grams
6. Protein: 25 grams
7. SaturatedFat: 1.5 grams
8. Sodium: 590 milligrams
9. Sugar: 7 grams

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