

# Chinese Chow Mein

Yield: 4 min  
Total Time: 45 min

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

## Ingredients:

- 2 boneless skinless chicken breasts
- 1 tablespoon oil canola or vegetable
- 1 1/2 cups cabbages Shredded, \*see note
- 2 cups carrots shredded or julienne sliced, \*see note
- 2 rib celery chopped
- 4 green onions sliced with whites and green separated
- 2 cloves garlic minced
- 1 pound Yaki-soba noodles refrigerated, discard seasoning packet\*\*
- 1 cup bean sprouts fresh, optional
- 1/4 cup low sodium soy sauce
- 1 1/2 teaspoons sesame oil
- 1 tablespoon oyster sauce \*\*\*see note
- 2 teaspoons ginger freshly grated
- 1 tablespoon light brown sugar
- 1 teaspoon cornstarch

## Nutrition:

1. Calories: 180 calories
2. Carbohydrate: 15 grams
3. Cholesterol: 40 milligrams
4. Fat: 7 grams
5. Fiber: 3 grams
6. Protein: 15 grams
7. SaturatedFat: 1 grams
8. Sodium: 780 milligrams
9. Sugar: 7 grams

---

Thank you for visiting our website. Hope you enjoy Chinese Chow Mein above. You can see more 18 recipe to make chinese chow mein Discover culinary perfection! to get more great cooking ideas.