Chicken Chow Mein Recipes

Chicken chow mein combines thin chicken strips, springy noodles and crisp vegetables. Cooking in batches keeps the wok hot enough to fry rather than steam.

PREP 20 min | COOK 15 min | TOTAL 35 min | SERVES 4 | EASY

Ingredients

- 1 1/2 lb (680 g) boneless skinless chicken breast
- 1 tbsp (15 ml) olive oil
- 3/4 tsp (4 g) salt
- 1/4 tsp ground black pepper
- 8 oz (225 g) dried chow mein noodles
- 2 cups (140 g) shredded cabbage
- 1 carrot (75 g), julienned
- 2 spring onions (30 g), sliced
- 2 garlic cloves (6 g), minced
- 1 tsp (5 g) grated ginger
- 3 tbsp (45 ml) coconut aminos
- 1/4 cup (60 ml) chicken broth
- 1 tsp (5 ml) sesame oil
- 1 tsp (3 g) cornstarch
- 1 tbsp (15 ml) water

Method

1. Cook noodles according to their package, drain and loosen; mix coconut aminos and broth in a bowl.
2. Slice chicken thinly across the grain, then season lightly with salt and pepper.
3. Heat olive oil in a large wok over medium-high heat. Stir-fry chicken in batches 5-7 minutes until every piece reaches 165°F (74°C); remove.
4. Stir-fry cabbage and carrot 3 minutes. Add garlic and ginger for 30 seconds.
5. Add noodles, chicken and broth mixture; toss until hot. Mix cornstarch with water and stir through for 1 minute until glossy.
6. Turn off heat, add sesame oil and spring onions, and serve promptly.



Serving and storage

Serve: Serve as a complete noodle dinner.

Refrigerate: Refrigerate promptly in shallow covered containers within 2 hours, or 1 hour above 90°F (32°C). Keep at 40°F (4°C) or below and use within 3-4 days, counting any earlier storage of cooked chicken used in the recipe.

Freeze: Freeze in airtight portions for up to 2 months for best quality. Thaw in the refrigerator.

Reheat: Warm in a covered pan over medium-low heat with a splash of water or broth until the chicken reaches 165°F (74°C).

Cook safely

Check the thickest chicken with a food thermometer, avoiding bone or the pan. It must reach at least 165°F (74°C). For filled pastries, croquettes, pies or stuffed chicken, check the center filling also reaches 165°F (74°C). Dark-meat thighs or drumsticks may be cooked to 175-185°F (79-85°C) for tenderness.

Ingredient note: Use the noodle package cooking directions. Coconut aminos can be salty, so taste the sauce before adding more salt.

Helpful tips: Use the noodle package cooking directions. Coconut aminos can be salty, so taste the sauce before adding more salt. Measure ingredients before starting and keep raw-poultry utensils separate from cooked food.