

# Easy Chicken Lo Mein

Quick and easy Chicken Lo Mein recipe with tender noodles, crisp vegetables, and savory sauce. Ready in 30 minutes with authentic Chinese flavors.

10 min

PREP

20 min

COOK

30 min

TOTAL

4

SERVINGS

Medium

DIFFICULTY

## Ingredients

- 1 lb chicken meat
- 1 lb short noodle
- 1 tbsp canola oil
- 1 onion
- 2 carrot
- 1 bell pepper
- 2 clove garlic
- 1 cup water
- 6 scallion
- 1 tbsp mirin Japanese rice wine
- 4 tbsp soy sauce
- 2 tbsp corn starch
- 1 tsp roasted sesame oil

## Instructions

### 1 Make the sauce

Whisk together 4 tablespoons soy sauce, 2 tablespoons oyster sauce, 1 teaspoon sesame oil, and 1 tablespoon vegetable oil in a small bowl until smooth. Set aside.

### 2 Prepare the chicken

Cut 1 pound boneless chicken into thin strips about  $\frac{1}{4}$ -inch thick. Season with salt and pepper.

### 3 **Cook the noodles**

Bring a large pot of salted water to a boil. Cook 1 pound lo mein noodles according to package directions until just tender, about 3-4 minutes. Drain and rinse with cold water to stop cooking.

### 4 **Prepare the vegetables**

Slice 1 onion into thin half-moons. Cut 2 carrots into thin matchsticks. Mince 2 cloves garlic. Slice 6 green onions, separating white and green parts.

### 5 **Cook the chicken**

Heat 1 tablespoon vegetable oil in a large wok or skillet over high heat until shimmering. Add chicken strips and stir-fry for 3-4 minutes until cooked through and lightly golden. Transfer to a plate.

### 6 **Cook the vegetables**

Add remaining oil to the same pan. Add onion and carrots and stir-fry for 2-3 minutes until onion is translucent and carrots are tender-crisp.

### 7 **Add aromatics**

Add minced garlic and white parts of green onions to the pan. Stir-fry for 30 seconds until fragrant.

### 8 **Combine everything**

Return chicken to the pan and add cooked noodles. Pour the sauce over everything and toss with tongs for 1-2 minutes until noodles are heated through and evenly coated.

### 9 **Remove from heat and sprinkle with green parts of scallions. Serve immediately while hot.**

## Tips

Use the highest heat setting on your stove and ensure your wok or pan is smoking hot before adding ingredients. This high heat creates the characteristic "wok hei" flavor that makes restaurant-style lo mein so delicious.

Cook noodles until just al dente, then rinse with cold water to stop cooking. Slightly undercooked noodles will finish cooking in the wok without becoming mushy, maintaining the perfect chewy texture.

Prepare all ingredients before you start cooking - lo mein comes together very quickly once you begin. Have everything sliced, measured, and ready to go, as you won't have time to prep while stir-frying.

Don't overcrowd the wok or pan. If doubling the recipe, cook in two batches instead of cramming everything together. Overcrowding lowers the temperature and creates steam instead of the desired searing effect.

Marinate the chicken for at least 15 minutes if possible. Even a brief marinade with soy sauce, cornstarch, and a touch of oil will make the chicken more tender and flavorful.

Add delicate vegetables like bean sprouts and green onions at the very end to maintain their crunch and fresh flavor. They need only 30-60 seconds of cooking time.

Taste and adjust seasoning at the end. Different soy sauce brands vary in saltiness, so you may need to add more sauce, a pinch of sugar, or a splash of sesame oil to achieve the perfect balance.

Let cooked lo mein rest for 2-3 minutes before serving. This allows the noodles to fully absorb the sauce and the flavors to meld together beautifully.