



## HEALTHIER CHICKEN LO MEIN

423 Calories

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### *Ingredient List*

#### Lo Mein Chicken

- 1 1/4 lbs boneless skinless chicken breast, thinly sliced
- 3 tsp soy sauce
- 2 tsp sesame oil
- 1/4 tsp cornstarch
- 1/8 tsp baking soda
- 1 tbsp cooking sherry
- 1 tsp zero-calorie sweetener

#### Lo Mein Sauce

- 1/2 cup bone broth
- 2 tbsp soy sauce
- 2 tbsp oyster sauce
- 2 tsp dark soy sauce
- 1 tsp sesame oil
- 1 tbsp garlic
- 1 tbsp ginger
- 1 tbsp cornstarch
- 1/4 tsp salt
- 1/4 tsp white or black pepper

## Lo Mein

- Lo mein chicken
- Lo mein sauce
- 8 oz cooked lo mein noodles
- 5 oz broccoli florets, halved
- 4 oz shiitake mushrooms, sliced
- 3 oz sugar snap peas
- 2.5 oz shredded cabbage
- 2 oz shredded carrots
- 1/2 white onion, chopped
- 2 green onion stalks, chopped
- Sesame seeds

### *Cooking Instructions*

#### Prep Ingredients

1. In a bowl, combine all the ingredients under the lo mein chicken list and mix well. Set aside to marinate for 10 mins.
2. Chop the broccoli, mushrooms, onion, and green onions. Set aside.
3. Cook the noodles according to package directions. Once cooked, drain and set aside.
4. In a separate bowl, mix all the ingredients under the lo mein sauce list together until well combined.

#### Cook Lo Mein Ingredients

5. Preheat a large pan over medium-high heat. Add the chicken and cook until fully browned. Remove from the pan.
6. Start cooking the vegetables in batches, starting with the broccoli and sugar snap peas. Cook for 3 minutes and then remove from the pan.
7. Spray the pan and add the mushrooms and carrots to cook for 2 minutes. Remove from the pan.
8. Spray the pan again then add the cabbage and onion to cook for 2 minutes.
9. Spray the pan one last time, then add the garlic and ginger to cook for 15 seconds.
10. Mix the sauce again and pour into the pan. Wait for it to bubble and thicken, then add the noodles. Stir until the noodles are well-coated.
11. Add all other cooked ingredients and toss with the noodles. Turn off the heat. Sprinkle with sesame seeds and enjoy!

## MACROS



● Fat	7g
● Carbs	45g
● Protein	43g