

LoMein at Home!

May 21, 2020 | CHEF VEE, COOKING SCHOOL HEAD CHEF



Who's missing going out to eat dinner at your favorite weekday dinner spot? I am! One of my favorite eats is Asian. Yes, I can order delivery service. But there is nothing like a freshly prepared dish brought to you on a plate nice and hot to your table. So, what's the next best thing? Cook at home! I love love lo mein. Noodles, vegetables and any protein of choice you just can't go wrong. Let me show you a super easy recipe and the best part is the versatility of this dish making it perfect for using what you have.

Serves: 4 Prep time: 20 minutes Cook time: 10 minutes

- 1 lb chicken breast, thinly sliced
- 2 teaspoons sesame oil, divided
- 1 tablespoon soy sauce
- 1 tablespoon hoisin sauce
- 1 teaspoon cornstarch
- 1 tablespoon vegetable oil
- 2 cloves garlic, minced
- 1 tablespoon minced fresh ginger
- ½ cup crimini mushroom, sliced
- ½ cup onion, thin sliced
- ½ cup carrot, thin sliced
- ½ cup sugar snap peas, halved
- 4 servings cooked egg noodles
- 1 tablespoon scallions or cilantro chopped, for garnish

In a medium bowl, season the chicken with salt and pepper, 1 tablespoon of sesame oil. Mix thoroughly and set aside. In a separate medium bowl combine remaining tablespoon of sesame oil, soy sauce, hoisin sauce, and cornstarch. Mix thoroughly and set aside. Heat the vegetable oil in a wok or large pan over medium-high heat. Add the chicken and cook until no longer pink inside, 3-4 minutes. Move all chicken pieces around the edges creating a ring. In the center of that ring add in the garlic and ginger to the pan and cook until fragrant. Just 1 to 2 minutes. Add the mushrooms, onions, carrots, and sugar snap peas. Stir fry until the vegetables are tender. About 2 -3 minutes. Add the cooked egg noodles and reserved sauce. Cook for 3 minutes, until everything is well-coated in the sauce. If you are fortunate to find authentic cooked lo mein noodles that's great. Usually in the ethnic isles of your supermarkets you can find some sort of asain noodles like soba, chow mein or a variation of rice noodles. If you cannot find any of these good ole spaghetti works too, just follow cooking instructions on package. Use thick or thin noodles to create you're at home lo mein. Use any veggies that you have at home from peppers, fresh spinach, string beans or broccoli. Add your favorite chili's too like siracha or red chili flakes. Remember once you let the noodles soak in that sauce , taste and adjust seasoning as needed. Serve nice and hot and add any garnishes you may have and enjoy!