

# Chow Mein

Make authentic Chow Mein with crispy noodles, fresh vegetables, and savory sauce. Easy 35-minute recipe with step-by-step instructions.

15 min

PREP

20 min

COOK

35 min

TOTAL

8

SERVINGS

Easy

DIFFICULTY

Chow Mein

## Ingredients

- 3 tbsp canola oil
- 1 cup bell pepper
- 1 carrot
- 1 cup mushroom
- 1 cup cabbage
- 1 cup onion
- 2 clove garlic
- 2 tbsp oyster sauce
- 2 tbsp soy sauce
- 2 tbsp roasted sesame oil
- 1 tbsp corn starch
- 3 tbsp water
- 1 tbsp granulated sugar
- 1 cup bean sprout
- 1 tsp salt
- 1 tsp black pepper

## Instructions

- 1 Prepare the sauce**

Whisk together 2 tablespoons soy sauce, 2 tablespoons oyster sauce, 1 tablespoon sesame oil, 1 teaspoon sugar, and 1 teaspoon cornstarch in a small bowl until smooth and no lumps remain. Set aside.
- 2 Cook the noodles**

Bring a large pot of salted water to a rolling boil over high heat. Add the chow mein noodles and cook for 2-3 minutes until tender but still slightly firm to the bite.
- 3 Drain the noodles immediately and rinse with cold running water for 30 seconds to stop the cooking process. Shake off excess water and toss with 1 tablespoon of the vegetable oil to prevent sticking.**
- 4 Prepare the vegetables**

Slice the onion into thin strips. Cut 1 cup cabbage into thin shreds. Slice 1 cup mushrooms into thin pieces. Cut 1 cup carrots into

matchstick-sized strips. Mince 2 garlic cloves.

**5 Stir-fry the aromatics**

Heat the remaining 2 tablespoons vegetable oil in a large wok or heavy skillet over high heat until shimmering. Add the sliced onion and minced garlic, stir-frying for 1-2 minutes until fragrant and onion begins to soften.

**6 Cook the harder vegetables**

Add the carrots and mushrooms to the wok, stir-frying for 2-3 minutes until carrots begin to soften and mushrooms release their moisture and start to brown.

**7 Add remaining vegetables**

Add the shredded cabbage to the wok and stir-fry for 2-3 minutes until it wilts but still retains some crunch and bright color.

**8 Combine noodles and sauce**

Add the cooked noodles to the wok along with the prepared sauce mixture. Using tongs or two wooden spoons, toss everything together vigorously for 2-3 minutes until the noodles are heated through and evenly coated with sauce.

**9 Season with salt and pepper to taste. Remove from heat and serve immediately in bowls while hot.**

## Tips

Use fresh noodles when possible for the best texture and flavor.

Don't overcook the noodles during the initial boiling - they should be slightly underdone as they'll continue cooking when stir-fried.

Toss boiled noodles with oil immediately after draining to prevent sticking and create better separation during frying.

Cut all vegetables into uniform julienne strips for even cooking and authentic presentation.

Cook over high heat and keep ingredients moving constantly to achieve the signature "wok hei" (breath of the wok) flavor.

Have all ingredients prepped and ready before you start cooking, as stir-frying happens quickly.

For extra crispy noodles, spread them in the pan and let them sit for 30 seconds before stirring to develop a golden crust.

Add delicate vegetables like bean sprouts last to maintain their crisp texture.