

Pratik Tavuk Lo Mein

Easy Chicken Lo Mein recipe with tender noodles, crisp vegetables, and savory sauce. Ready in 30 minutes with simple ingredients.

10 min

HAZIRLIK

20 min

PIRME

30 min

TOPLAM

4

PORSIYON

Medium

ZORLUK

Pratik Tavuk Lo Mein

Malzemeler

- 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

Yapılışı

- Make the sauce**

Whisk 1 tablespoon cornstarch with 2 tablespoons dark soy sauce in a small bowl until completely smooth with no lumps. Add 4 tablespoons soy sauce, 2 tablespoons oyster sauce, and 1 teaspoon sesame oil, whisking until well combined.
- Prepare the chicken**

Cut 1 pound chicken into thin strips about 1/4-inch thick. Toss chicken strips with 2 teaspoons of the prepared sauce in a medium bowl until evenly coated.
- Cook the noodles**

Bring a large pot of salted water to boil over high heat. Add 1 pound lo mein noodles and cook according to package directions minus 1 minute until slightly underdone. Drain thoroughly and set aside.
- Prepare vegetables**

Slice 1 onion into thin strips. Mince 2 cloves garlic. Cut 1 cup mixed vegetables into bite-sized pieces if using fresh, or thaw if using frozen.

5 **Stir-fry the aromatics**

Heat 1 tablespoon vegetable oil in a wok or large skillet over high heat until the oil shimmers and just begins to smoke. Add sliced onion and minced garlic, stir-frying for 30-45 seconds until fragrant.

6 Add marinated chicken strips to the wok and stir-fry for 2-3 minutes until the exterior turns white but the center remains slightly pink.

7 Add 1 cup mixed vegetables to the wok and stir-fry for 2-3 minutes until vegetables are crisp-tender and chicken is completely cooked through with no pink remaining.

8 **Combine and finish**

Add cooked noodles, remaining sauce, and 2 tablespoons water to the wok. Toss vigorously with two wooden spoons or tongs for 1-2 minutes until noodles are evenly coated and heated through.

9 Add 6 chopped green onions and toss for 30 seconds until they begin to wilt. Remove from heat immediately and serve hot.

?puçlar?

Use the highest heat your stove can provide when stir-frying. High heat creates the signature smoky flavor and prevents ingredients from steaming in their own juices, which would make the dish soggy.

Prepare all ingredients before you start cooking. Lo mein comes together quickly, so having everything measured, chopped, and ready prevents overcooking while you search for ingredients.

Don't overcook the noodles during the initial boiling phase. They should be slightly firmer than al dente since they'll finish cooking when tossed with the sauce and vegetables in the wok.

Let cooked noodles drain thoroughly before adding to the wok. Excess water will dilute the sauce and create a watery final dish instead of the glossy, well-coated noodles you want.

Keep the wok or pan moving constantly during cooking. This prevents sticking and ensures even cooking of all ingredients. Use two wooden spoons or chopsticks for easier tossing.

Add the sauce gradually while tossing the noodles. This allows better distribution and prevents the sauce from pooling at the bottom of the pan.

Save some green onions for garnish. The bright color and fresh flavor added at the end provide a beautiful contrast to the rich, dark noodles.

Taste and adjust seasoning at the end. You can add more soy sauce for saltiness, a pinch of sugar for balance, or white pepper for heat according to your preference.