

DINNER

Chicken Lo Mein with Broccoli

7 October 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
105 min	20 min	25 min	6	\$0.84	265 kcal



Chicken Lo Mein with Broccoli is a dairy free recipe with 6 servings. One portion of this dish contains around 18g of protein, 4g of fat, and a total of 265 calories. For 84 cents per serving, this recipe covers 17% of your daily requirements of vitamins and minerals.

Ingredients

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| ☐ 1 cup broccoli florets | ☐ 2 carrots, thinly sliced |
| ☐ 3 stalks celery, chopped | ☐ 3 tablespoons cornstarch |
| ☐ ¼ teaspoon garlic powder, or to taste | ☐ ½ teaspoon ground ginger |
| ☐ 1 small onion, chopped | ☐ 3 skinless, boneless chicken breast halves, cut into strips |
| ☐ 2 tablespoons soy sauce | ☐ ½ pound spaghetti |
| ☐ 1 tablespoon vegetable oil (optional) | |

EQUIPMENT Frying pan, Pot, Ziploc bags

Method

- 1 Combine chicken strips, cornstarch, soy sauce, ginger, and garlic powder in a large resealable plastic bag. Coat chicken with marinade, squeeze out excess air, and seal bag. Refrigerate for 1 to 1 1/2 hours.
- 2 Bring a large pot of lightly salted water to a boil. Cook spaghetti in the boiling water, stirring occasionally until cooked through but firm to the bite, about 12 minutes.
- 3 Drain.
- 4 Heat 3 tablespoons vegetable oil in a large skillet over medium heat.
- 5 Remove chicken from marinade and shake off excess; cook and stir in hot oil until chicken is no longer pink in the center, about 5 minutes. Stir in onion, celery, carrots, and broccoli.
- 6 Add 1 tablespoon vegetable oil, if needed. Cover and cook until vegetables are tender, stirring occasionally, about 5 minutes.
- 7 Stir spaghetti into chicken and vegetable mixture; cover and simmer for 5 minutes more.

Nutrition per serving

265	18 g	4 g	37 g
KCAL	PROTEIN	FAT	CARBS
Saturated Fat			0.8 g · 5% of daily needs
Fibre			2.8 g · 11% of daily needs
Sugar			3.1 g · 3% of daily needs
Sodium			439 mg · 19% of daily needs
Cholesterol			36.2 mg · 12% of daily needs
Vitamin C			16.9 mg · 20% of daily needs

Adapted from Allrecipes. Find this recipe, ratings and more ideas at [whatsheate.com/chicken-lo-mein-with-broccoli-148565](https://www.whatsheate.com/chicken-lo-mein-with-broccoli-148565)