



Chicken Lo Mein with Ginger Mushrooms

 Dairy Free

READY IN



45 min.

SERVINGS



3

CALORIES



860 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 teaspoon cornstarch
- ☐ 12 ounces extra wide egg noodles fresh thick chinese
- ☐ 2 cups mushroom caps fresh thinly sliced
- ☐ 1 tablespoon ginger shredded finely
- ☐ 0.3 teaspoon pepper white
- ☐ 5 ounces napa cabbage thinly sliced
- ☐ 0.3 teaspoon pepper red
- ☐ 1 teaspoon rice wine dry

- ☐ 1 teaspoon salt
- ☐ 0.5 cup spring onion shredded finely
- ☐ 2 teaspoons sesame oil
- ☐ 12 ounces strips. boneless skinless cut into 1/4-inch-thick bite-sized slices
- ☐ 1 teaspoon soya sauce
- ☐ 2 tablespoons vegetable oil

Equipment

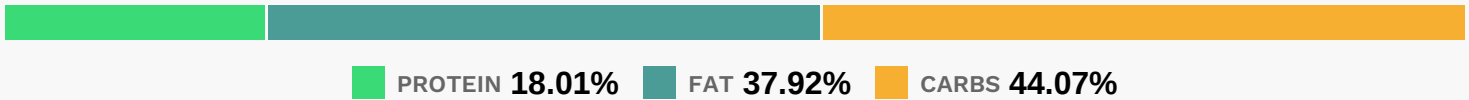
- ☐ bowl
- ☐ sauce pan
- ☐ pot
- ☐ wok
- ☐ spatula
- ☐ colander

Directions

- ☐ In a 3-quart saucepan bring 2 quarts water to a boil over high heat. When the water comes to a rolling boil, add the noodles. Return to a rolling boil and boil according to package directions until al dente. Carefully pour the noodles into a colander and rinse several times with cold water.
- ☐ Drain the noodles, shaking well to remove excess water. Return the noodles to the unwashed pot, add the sesame oil, and toss until well combined. Set aside.
- ☐ Put the chicken in a shallow bowl and add the ginger, 1 teaspoon of the rice wine, cornstarch, 1 tea- spoon of the soy sauce, 1/4 teaspoon of the salt, and pepper. In a small bowl combine the remaining 1 tablespoon rice wine and 1 tablespoon soy sauce.
- ☐ Heat a 14-inch flat-bottomed wok over high heat until a bead of water vaporizes within 1 to 2 seconds of contact. Swirl in 1 tablespoon of the peanut oil, add the red pepper flakes, then, using a metal spatula, stir-fry 10 seconds or until the pepper flakes are fragrant. Push the pepper flakes to the sides of the wok, carefully add the chicken mixture and spread it evenly in one layer in the wok. Cook undisturbed 1 minute, letting the chicken begin to sear. Stir-fry 30 seconds or until the chicken begins to brown.

- ☐ Add the cabbage and mushrooms and stir-fry 1 minute or until the cabbage is just wilted but the chicken is not cooked through.
- ☐ Transfer the chicken and vegetables to a plate.
- ☐ Swirl the remaining 1 tablespoon peanut oil into the wok.
- ☐ Add the noodles and stir-fry 15 seconds. Restir the soy sauce mixture, swirl it into the wok, add the scallions and chicken mixture, and sprinkle on the remaining 3/4 teaspoon salt. Stir-fry 1 to 2 minutes or until chicken is cooked through and noodles are heated through.
- ☐ From Stir-Frying to the Sky's Edge: The Ultimate Guide to Mastery, with Authentic Recipes and Stories by Grace Young. Copyright © 2010 by Grace Young; food photography copyright © 2010 by Steven Mark Needham. Reprinted by permission of Simon & Schuster, Inc, NY.

Nutrition Facts



Properties

Glycemic Index:56.67, Glycemic Load:36.61, Inflammation Score:-8, Nutrition Score:36.336087268332%

Flavonoids

Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg, Kaempferol: 0.27mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.78mg, Quercetin: 1.78mg, Quercetin: 1.78mg, Quercetin: 1.78mg

Nutrients (% of daily need)

Calories: 860.44kcal (43.02%), Fat: 36.52g (56.18%), Saturated Fat: 8.21g (51.33%), Carbohydrates: 95.5g (31.83%), Net Carbohydrates: 86.82g (31.57%), Sugar: 6.86g (7.62%), Cholesterol: 206.38mg (68.79%), Sodium: 1021.63mg (44.42%), Alcohol: 0.27g (100%), Alcohol %: 0.07% (100%), Protein: 39.02g (78.04%), Selenium: 119.65µg (170.93%), Manganese: 1.48mg (73.92%), Vitamin K: 74.93µg (71.36%), Vitamin B3: 13.88mg (69.41%), Phosphorus: 645.45mg (64.54%), Vitamin B6: 1.21mg (60.33%), Vitamin B5: 4.52mg (45.22%), Vitamin B2: 0.62mg (36.54%), Zinc: 5.35mg (35.66%), Fiber: 8.68g (34.72%), Potassium: 1143.53mg (32.67%), Copper: 0.65mg (32.58%), Magnesium: 129.27mg (32.32%), Folate: 104.55µg (26.14%), Iron: 4.05mg (22.51%), Vitamin B1: 0.33mg (21.97%), Vitamin C: 16.04mg (19.45%), Vitamin B12: 1.05µg (17.58%), Vitamin E: 1.65mg (11.03%), Vitamin A: 524.59IU (10.49%), Calcium: 102.5mg (10.25%), Vitamin D: 1.06µg (7.04%)