

## **Lo-Mein Recipe**

### Ingredients

#### Sauce:

1/4 cup (60 ml) chicken stock  
3 tablespoons (45 ml) oyster sauce  
1 tablespoon (15 ml) soy sauce  
1 teaspoon cornstarch  
1 teaspoon sesame oil

#### Noodles:

3 tablespoons (45 ml) vegetable oil  
4 teaspoons ginger, thin julienne  
2 teaspoons (10 g) garlic, minced  
1/2 pound (250 g) chicken breast or thigh, thin bite-sized slices  
2 to 3 cups fresh egg noodles, such as pancit  
1/2 carrot, julienned  
1/4 pound (125 g) baby bok choy, bottoms removed, cut on bias  
3 scallions, cut into 1/2-inch bias pieces

### Directions

For the sauce: Stir together the chicken stock, oyster sauce, soy sauce, cornstarch and sesame oil. Set aside.

For the noodles: Heat a pan to high and add the oil. Once you see wisps of white smoke, add the ginger and garlic and cook until light brown and fragrant, about 20 seconds. Stir in the chicken and cook until medium, about 1 minute.

Add the noodles, carrots and bok choy to the pan and cook until tender, about 1 minute.

Stir the sauce, pour into the pan and incorporate all ingredients well.