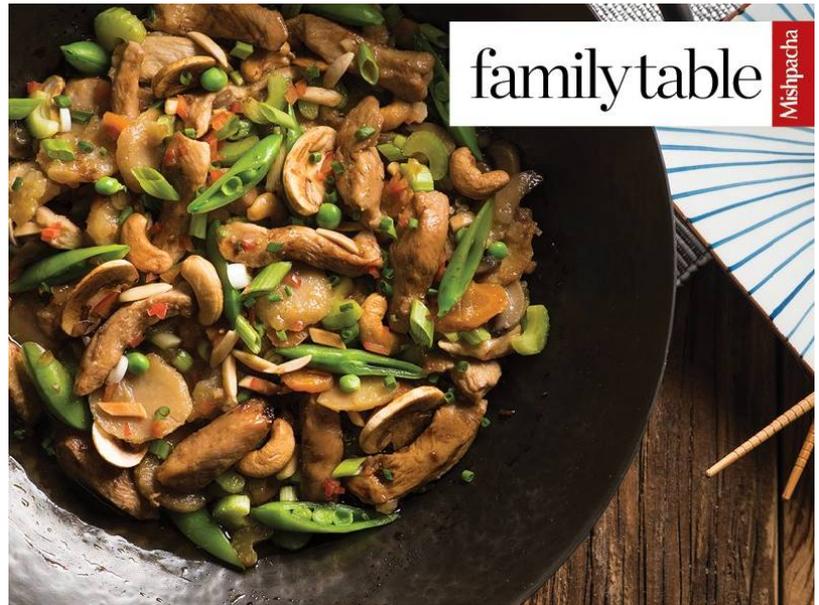


# Chicken Chow Mein

Recipe By *Brynie Greisman*



Cooking and Prep:  5  
h 25 m

Serves:  6

Contains: 

Preference: Meat

Difficulty: Easy

Source: Family Table by  
Mishpacha Magazine

Cuisines: Asian

This is one of those comfort food that evokes childhood memories for everyone! It's sooo good that I actually ate it cold. Easy, basic ingredients combine to make a positively delicious, all-in-one supper.

## Ingredients (17)

### Chicken Chow Mein

- 1 pound (450 grams) chicken cutlets, cut into wide strips
- 1 tablespoon **Bartenura Olive Oil**
- 2 medium carrots, sliced diagonally
- 2 medium stalks celery, sliced
- 1 medium onion, diced
- 2 cubes **Gefen Frozen Garlic**

- 1 can **Gefen Sliced Water Chestnuts**, drained
- 1 teaspoon chicken soup mix, dissolved in 1 cup water
- 1 tablespoon soy sauce
- a pinch ground ginger
- 1 and 1/2 tablespoons cornstarch
- 3 tablespoons water
- 1/2 cup canned sliced mushrooms
- 1 cup frozen snap peas
- salt and pepper, to taste
- sliced scallions, roasted cashews, peanuts, or slivered almonds, for garnish

---

### Sommelier Suggests

- Elvi In Vita**
- 

## Start Cooking

### Chicken Chow Mein

1. Heat oil in a 10-inch (25-centimeter) frying pan over medium-high heat. Add chicken and cook about five minutes, turning once, until no longer pink and beginning to brown.
2. Meanwhile, place carrots, celery, onion, garlic, and water chestnuts in a four to six quart/liter slow cooker. Turn on high. Add chicken strips. Add water with soup mix, soy sauce, and ginger. Cover and cook for two-and-a-half hours on high, or five hours on low.
3. Toward the end of cooking time, mix cornstarch and water together. Stir into chicken mixture. Add mushrooms and snap peas. Cook an additional 10–15 minutes.
4. At the very end, add salt and pepper to taste. Serve over spaghetti or pasta of your choice. Garnish with scallions and/or nuts of choice.

Tip:

You can add a few pieces of chicken livers, cut up, to the slow cooker, during last the half hour for an elegant appetizer or main dish.