

Chicken Lo Mein with Vegetables

Recipe By Chayie Schlissfeld



Cooking and Prep:  30
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Serves:  6

Contains:    

Preference: Meat

Difficulty: Easy

Occasion: Purim

Source: Whisk by Ami
Magazine

I was pleasantly surprised when most of my kids ate this dish with the vegetables and sauce, but for the pickier ones, there's always pasta with a few pieces of chicken on the side. By cooking everything separately, you can let your children choose exactly what they want in their dish, whether it's everything, pasta and chicken, pasta and veggies ... or just pasta.

Ingredients (15)

Main ingredients

- 1/4 cup **Haddar Teriyaki Sauce**
- 2 teaspoons minced garlic (or 1 and 1/2 teaspoons garlic powder)
- 1/2 teaspoon salt
- 1 (16-ounce) box linguine, cooked according to package directions
- 1 pound dark chicken cutlets, cut into small pieces
- 1 onion, diced

- 1 red pepper, diced
 - 1 zucchini, diced
 - 1 can baby corn, drained and diced
 - 8 ounces frozen sugar snap peas
 - 8 ounces frozen broccoli florets
 - 3 tablespoons canola oil, divided
 - 2 tablespoons Gefen Sesame Oil
 - 1/2 cup Gefen Soy Sauce
 - 1/4 cup honey
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Start Cooking

Prepare the Chicken Lo Mein

1. Heat one tablespoon oil in a large frying pan. Add chicken and stir-fry for six minutes, or until cooked through. Remove chicken from pan and set aside.
2. Spray pan with nonstick cooking spray and heat over medium heat. Add onion and sauté until translucent, about four minutes. Add in red pepper, sugar snap peas, broccoli, baby corn, and zucchini. Stir-fry until vegetables are soft but still crisp. Remove from pan.
3. In a small bowl, combine the remaining oil with sesame oil, soy sauce, honey, teriyaki sauce, minced garlic, and salt. Pour this mixture into pan and bring to a boil. Reduce heat and cook for two minutes. Pour into separate bowl and set aside.
4. Add cooked linguine, vegetables, and chicken to pan. Pour sauce over mixture and cook over medium heat for two minutes.

Note:

This would make a great buffet dish for a party (or Purim seuda). Prepare recipe as written, stopping at the last step. After the chicken and vegetables have cooled down, wrap them well and refrigerate along with the spaghetti and sauce. Before serving, remove from refrigerator and mix all ingredients well in a nine- by 13-inch pan. Warm in a 250-degree-Fahrenheit oven for 25 minutes. You can prepare the components of this dish up to two days in advance.