

Guyanese Chicken Lo Mein

~ Nalini Goordial, Kitchen Wizardry

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What You Need

1 pack linguine or other noodles
2 tbsp sesame oil
1 ½ lbs boneless, skinless chicken thighs cut into bite size pieces
1 tablespoon grated ginger
1 teaspoon brown mustard
¼ teaspoon black pepper
1 ½ teaspoons Chinese 5 spice powder
½ tablespoon dried thyme
3 cloves garlic, grated
1 teaspoon black pepper
3 tablespoons high heat oil
1 onion, thinly sliced
½ green cabbage, shredded
1 carrot, julienned
1 cup green beans, cut into 2 inch pieces
4 green onions, finely chopped
¼ cup coconut aminos (can also use soy sauce or tamari sauce)
Sprinkle of crushed seaweed flakes
Sliced cucumbers, optional

How The Alchemy Happens

Follow the instructions on the packet to cook the noodles until al dente, drain, add 1 tbsp sesame oil, toss well and set aside.

Season the chicken with thyme, garlic, ginger, mustard, black pepper and ½ teaspoon Chinese 5 spice powder. Set aside and let marinate while you are prepping your vegetables.

Add half the oil to a large skillet or wok on high heat. Next, add seasoned chicken and sauté until chicken is fully cooked, about 10 mins. Remove chicken from pan and set aside.

Add the other half of the oil to the wok or pan. Once oil is hot add onions and cook until translucent and soft.

Add green beans, cook for 30 seconds, add carrots, cook for 30 seconds then add cabbage and cook for 30 seconds, charring a bit for flavor.

Return chicken to the pan with the vegetable mix. Toss quickly, stirring as little as possible. Add noodles and toss well, ensuring a good even mixture of noodles and chicken vegetable mixture. Let the noodles cook for a minute or two.

Add the coconut aminos (or soy/tamari sauce) and toss once, then add the rest of the Chinese 5 spice powder and seaweed flakes. Toss well, mixing everything together. Cook for about a minute. Remove from heat, add green onions and sesame oil. Taste and adjust for seasoning.
Serve hot or cold with sliced cucumbers.