

Chicken & Vegetable Lo Mein

Serves

4

INGREDIENTS

- + 4 medium zucchini
- + 4 chicken breast, chopped
- + 1 bunch green onion chopped, white and light green parts separated
- + 1 tsp sesame oil
- + 1 tsp almond butter
- + 1 tsp minced ginger
- + 1 tsp minced garlic
- + ¼ cup soy sauce, plus additional to taste
- + 2 packets of Sun-bird Honey Sesame Chicken seasoning
- + ¼ cup cornstarch
- + ¼ cup + 2 tbsp water
- + 3 tbsp oil (we typically use olive oil)
- + ½ cup white or brown sugar

DIRECTIONS

- 1** Warm pan on stove medium-low heat.
- 2** Add sesame oil, almond butter, garlic, ginger, and diced white and light green parts of green onions
- 3** Use a veggie spiraler to make zucchini noodles, add to lo mein sauce. (The noodles can cook for the whole time when you are doing the chicken portion of the recipe, stir often.)
- 4** Mix 1 packet of seasoning as directed on packaging.
- 5** Combine soy sauce, cornstarch, and 2 tbsp water, mix well.
- 6** Add chicken to mixture and let marinate 5 minutes.
- 7** In second pan, cook chicken on medium-high until browned.
- 8** Add 2 packets of seasoning mixes, ¼ cup water, and ½ cup sugar to pan with chicken.
- 9** Serve with chicken on top of noodles, garnish with green onion tops.