

Lo Mein with Chicken and Veggies

Makes: 50 servings

50 Servings

Ingredients	Weight	Measure
Fresh ginger, minced		1/2 cup
Garlic, minced		1/2 cup
Scallions, sliced		2 cup
Chicken breast, thin sliced	6 1/4 lb	
Hoisin sauce		1 cup
Soy sauce		1 cup
Bok choy, sliced		8 qt
Carrots, jullienne		4 qt
Red peppers, jullienne		1 qt
Edamame beans, cooked, shelled		1 qt
Toasted sesame oil		3 Tbsp
Cornstarch		1/2 cup
Lo mein noodles, cooked		6 1/4 qt
Vegetable oil		3/4 cup
Salt		4 tsp



Directions

1. Heat a wok or large saute pan on high heat (for large batch use a tilt skillet) Add vegetable oil (half of the oil in the recipe is for the stir fry and half is for coating the cooked noodles), ginger, garlic, scallions and chicken (coated with cornstarch and seasoned with salt) Stir fry until chicken is cooked through.
2. Add hoisin sauce and soy sauce. Stir fry to coat meat with sauce. Remove from heat and keep warm.
3. Stir fry bok choy, carrots and peppers until tender but still having a slight crunch. Add edamame beans to warm through.
4. Add the vegetables to the meat, drizzle with sesame oil and keep hot.
5. Serve stir fry with an 8 oz scoop over a 1/2 cup noodles for each serving. (to serve family style you can toss the stir fry with the noodles)