

Chicken & Veggies, Lo Mein Style

- 6 dried Chinese mushrooms
- ½ cup VERY hot water (do NOT discard soaking water)

- 1 lb of boneless, skinless chicken, cut into thin strips (or pork tenderloin)
- 2 teaspoons cornstarch
- ½ teaspoon salt

- 2 Tablespoons vegetable oil
- 1 slice fresh ginger, or 1 tsp grated fresh ginger
- 2 cloves garlic, finely minced
- 1 cooking onion, cut into bite sized pieces (not too small)
- 1 large stem broccoli, cut into bite-sized pieces
- 2 large carrots, shredded

- ¼ cup soy sauce
- ¼ cup oyster sauce

- 1 Tablespoon Asian sesame oil

SAUCE

1. **Soak** mushrooms in the hot water until soft, about **15 minutes**. Drain, **reserving liquid**.
2. Remove and discard the stems of the mushrooms. Cut caps into shreds or tiny pieces.
3. To reserved soaking water, add the soy sauce, and the oyster sauce.

CHICKEN

1. In a bowl, toss the chicken with the cornstarch and salt.

NOODLES

1. In a large pot of boiling water, cook the noodles until just tender, about 5 to 7 minutes. Drain.

STIRFRY

1. In frying pan or wok, heat vegetable oil until just smoking.
2. Add ginger and garlic, sauté for 20 seconds.
3. Add chicken and stir-fry until meat loses its pink colour, about 3 minutes.
4. Add all of the vegetables, and the mushrooms. Stir-fry for 1 to 2 minutes, until tender-crisp.
5. Add sauce mixture, and the noodles. Toss and stir-fry, coating to mix, until all is hot.
6. Drizzle with sesame oil and serve.

NOTE: use any vegetables or meat/meat substitute of choice.