

Treasure Barrel

Honey Pepper Chicken Lo Mein with Steamed Rice Recipe

15 min Prep time	**12 min** Cook time	**27 min** Total time
4 Servings	**Easy** Difficulty	**Asian-Inspired** Cuisine

Ingredients

For the Chicken and Noodles

- [ ] 1 lb boneless, skinless chicken thighs, cut into 1-inch pieces
- [ ] 8 oz lo mein noodles
- [ ] 1 red bell pepper, thinly sliced
- [ ] 1 yellow bell pepper, thinly sliced
- [ ] 1 cup snow peas
- [ ] 3 green onions, sliced (white and green parts separated)
- [ ] 2 tbsp vegetable oil

For the Sauce

- [ ] 1/4 cup soy sauce (reduced sodium)
- [ ] 3 tbsp honey
- [ ] 2 tbsp chicken broth
- [ ] 1 tbsp rice vinegar
- [ ] 2 tsp freshly grated ginger
- [ ] 3 cloves garlic, minced
- [ ] 1 tsp freshly ground black pepper
- [ ] 1 tsp sesame oil

Instructions

1. Cook the lo mein noodles according to package directions until al dente. Drain well and set aside. Meanwhile, whisk together all sauce ingredients in a small bowl until honey is fully incorporated.
2. Heat 1 tablespoon of vegetable oil in a large wok or skillet over high heat. Add chicken pieces in a single layer and cook undisturbed for 2-3 minutes until golden brown on one side. Flip and cook another 2 minutes until cooked through. Remove chicken from pan.
3. Add remaining oil to the same pan. Add the white parts of green onions, bell peppers, and snow peas. Stir-fry for 2-3 minutes until vegetables are tender-crisp.
4. Return chicken to the pan along with cooked noodles. Pour the sauce over everything and toss continuously for 1-2 minutes until everything is evenly coated and sauce has thickened slightly.
5. Remove from heat and stir in the green parts of the onions and sesame oil. Taste and adjust seasoning if needed. Serve immediately with steamed rice.

Nutrition per serving

420 kcal	28 g	52 g	12 g
Calories	Protein	Carbs	Fat

Tips & notes

- For extra vegetables, add sliced carrots or broccoli florets with the bell peppers
- If sauce becomes too thick, add a tablespoon of chicken broth to thin it out
- Leftovers can be refrigerated for up to 2 days, though noodles will soften upon reheating
- To make it gluten-free, use tamari instead of soy sauce and check your noodle ingredients