

Chicken Lo Mein

with Enoki Mushrooms
& Bok Choy

PREP TIME: 15 minutes

COOK TIME: 30-40 minutes

SERVINGS: 4

In this recipe, quick-cooking fresh wonton noodles elevate lo mein: a Chinese-American dish of noodles, meat and vegetables. They're perfect for taking on our sweet and savory sauce, accented by the nuttiness of sesame oil. For vibrant flavor and texture, we're tossing the noodles with a medley of vegetables, including carrots, bok choy and enoki mushrooms—a unique variety with long, thin stems and tiny caps.



BLUE APRON WINE PAIRING:

Feudo Palo Fiano, 2016

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Ingredients



4
BONELESS,
SKINLESS
CHICKEN BREASTS



3/4 lb
FRESH WONTON
NOODLES



4
CARROTS



3 cloves
GARLIC



1/2 bunch
GARLIC CHIVES



1
SCALLION



2 stalks
CELERY



1/2 lb
BABY BOK CHOY



4 oz
ENOKI
MUSHROOMS

KNICK KNACKS:



1 Tbsp
SESAME OIL



1/4 cup
SOY GLAZE



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1 Prepare the ingredients:

- ☐ Wash and dry the fresh produce.
- ☐ Heat a medium pot of salted water to boiling on high.
- ☐ Cut off and discard the root ends of the mushrooms. Using your hands, gently pull to separate the mushrooms.
- ☐ Peel and roughly chop the garlic.
- ☐ Thinly slice the celery crosswise.
- ☐ Peel the carrots and thinly slice into rounds.
- ☐ Cut off and discard the root end of the scallion; thinly slice, separating the white bottom and green top.
- ☐ Cut off and discard the root ends of the bok choy. Roughly chop the stems, keeping the leaves whole.
- ☐ Cut the garlic chives into 1/2-inch pieces.
- ☐ Pat the **chicken** dry with paper towels; thinly slice crosswise. Place in a bowl and season with salt and pepper.



2 Cook the chicken:

- ☐ In a large pan (nonstick, if you have one), heat 1 tablespoon of olive oil on medium-high until hot.
- ☐ Add the **seasoned chicken** and cook, stirring occasionally, 9 to 11 minutes, or until browned and cooked through. Leaving any browned bits (or fond) in the pan, transfer to a plate. Set aside in a warm place.



3 Brown the mushrooms:

- ☐ Add 2 teaspoons of olive oil to the pan of reserved fond; heat on medium-high until hot.
- ☐ Add the **mushrooms** and cook, stirring occasionally, 5 to 6 minutes, or until lightly browned. Season with salt and pepper. Transfer to the plate of **cooked chicken**.



4 Cook the vegetables:

- ☐ Add the **garlic, celery, carrots** and **white bottom of the scallion** to the pan; season with salt and pepper. Cook, stirring occasionally, 4 to 6 minutes, or until slightly softened.
- ☐ Add the **bok choy**; season with salt and pepper. Cook, stirring occasionally, 3 to 5 minutes, or until the stems have softened and the leaves have wilted. Turn off the heat and season with salt and pepper to taste.



5 Cook the noodles:

- ☐ While the bok choy cooks, add the **noodles** to the pot of boiling water, stirring gently to separate. Cook, stirring occasionally, 2 to 4 minutes, or until tender.
- ☐ Reserving 1/2 cup of the **noodle cooking water**, drain thoroughly. Transfer the cooked noodles to the pan of **cooked vegetables**.



6 Finish & serve your dish:

- ☐ Add the **cooked chicken** and **browned mushrooms, garlic chives, soy glaze** and **half the reserved noodle cooking water** to the pan. Cook on medium-high, stirring frequently, 1 to 2 minutes, or until thoroughly combined. (If the sauce seems dry, gradually add the remaining noodle cooking water to achieve your desired consistency.) Turn off the heat. Add the **sesame oil** and toss to combine. Season with salt and pepper to taste.
- ☐ Divide the finished noodles among 4 dishes. Garnish with the **green top of the scallion**. Enjoy!