



MJ's Chicken Lo Mein

¼ cup Rice Vinegar
¼ cup Soy Sauce
¼ cup Brown Sugar
1 Tablespoon Honey
Squeeze ½ lime

Slice chicken thin, toss with marinade, set aside for fifteen minutes.
Start a pot of salted water for noodles.

Get a pan hot...really, smoking hot. I don't have a wok, but I have a cast iron pan that I use for everything.

Tip in two tablespoons sesame oil, and add the chicken. (I use tongs to take the chicken out of the liquid. Don't add the liquid..yet!)

Saute the chicken until browned and cooked through (4-6 minutes)

Remove from pan, add 1 tablespoon Sesame oil (or Olive Oil if you're not a Sesame fan.)

Add the package of Stir Fry Veg, toss to coat and cook (3 minutes)

Mix one cup of water (or stock) with 1 heaping tablespoon cornstarch, and mix with marinade.

Pour over vegetables, tossing to coat, cook 3-5 minutes.

Add Chicken, toss till well mixed.

Lo Mein noodles only need about five minutes to cook and soften. Drain them well, place on a platter and pour your delicious, savory, aromatic, scrumptious Chicken and Vegetables over the top.

Enjoy!

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