

# Chicken Chow Mein

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**Per Portion**  
**333** Calories  
**34g** Protein  
**26g** Carbs  
**10g** Fat

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## Ingredients

- 2 chicken breasts, thinly sliced
  - 1 onion, finely chopped
  - 3 tbsp dark soy sauce
  - 2 tbsp light soy sauce
    - 1 tbsp oil
- 300g cooked egg noodles
- 1 handful of bean sprouts
- 2 spring onions, chopped

## Method

1. Begin by preparing your ingredients. Slice the chicken breasts into thin pieces, finely chop the onion, and crush the garlic.
2. In a bowl, combine the crushed garlic, 1 tbsp dark soy sauce, and 1 tbsp light soy sauce to create a marinade.
3. Add the chopped onion and sliced chicken into the marinade, ensuring they are well coated.
4. Let the mixture sit for a few minutes.
5. Preheat your air fryer to 200c.
6. Transfer the marinated chicken and onion into the air fryer basket and drizzle with oil for added crispness.
7. Cook for approximately 8 minutes, or until the chicken is cooked through and nicely browned.
8. Once the chicken is cooked, add in the cooked egg noodles, bean sprouts, and the additional 2 tbsp of dark soy sauce and 1 tbsp of light soy sauce. Toss everything together to evenly distribute the sauces.
9. Turn the air fryer back on and cook for an additional 5 minutes, allowing the noodles to warm through.
10. Finish by topping the dish with freshly chopped spring onions.

*\*This recipes nutritional values were generated by artificial intelligence and as such, you should take more care when preparing this recipe than normal. We do not guarantee or take liability for the nutritional information. Please use common sense when cooking this recipe.*