

Keto Chicken Chow Mein

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Servings: 6

Ingredients:

- 1lb of boneless thighs
- 1 cup green cabbage , finely shredded
- 1 1/2 tbsp avocado oil
- 1 teaspoon of mince garlic
- Low carb noodles
- 3 green onions
- 1/4 cup water

Chow Mein Sauce:

- 1/4 teaspoon of xanthan
- 1 1/2 tbsp soy sauce
- 1 1/2 tbsp oyster sauce
- 1 teaspoon of grated ginger
- 1 1/2 tbsp cooking wine or Mirin

- 2 tsp sweetener
- 1/2 tsp sesame oil

Directions:

1. Wash and pat dry the chopped chicken.
2. Make the marinade.
3. In a small bowl add xanthan, soy sauce, oyster sauce, ginger, cooking wine, sweetener, and oil.
4. Mix well.
5. Marinate Chicken: Pour 1 tablespoon of The marinade over the chicken, mix to coat, set aside to marinate for at least 10 minutes.
6. Heat oil in a wok or large fry pan over high heat.
7. Add garlic and stir fry for 10 seconds or until it starts to turn golden. Keep an eye, can burn quickly.
8. Add chicken and stir fry until the surface gets a tinge of browning.
9. Add the cabbage, cook until the cabbage is mostly wilted.
10. Add the noodles, marinade and water if needed.
11. Add bean sprouts.
12. Toss until the bean sprouts just start to wilt.
13. Remove from heat and serve immediately.

Nutrition:

Nutrition per serving:

- 2g Net Carbs
- 0g Fiber
- 2g Total Carbs

- 14g Protein
- 11g Fat
- 157 Calories