CHINESE · LUNCH · DINNER

Garlic Chicken Zucchini Noodles (Low-Carb Chow Mein)

25 min · Serves 4 · 289 kcal a serve · Video 6:56 · Seonkyoung Longest

Dairy-free · Nut-free

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Zucchini noodles stand in for chow mein noodles, so a serve has about 10 g net carbs and over 25 g protein from the chicken breast, plus vitamin C from the zucchini.

Diet notes: Low carb (9.8 g net carbs) but not keto: 45% of the energy is from fat, and keto meals get about 60% or more; Gluten-free with a swap: Use tamari and a gluten-free oyster sauce, to keep it gluten-free.

Ingredients 16 · SERVES 4

- [ ] 3 large **zucchini**, spiralised
- [ ] **salt** for the zoodles (most drains away)
- [ ] 2 **chicken breasts** (boneless, skinless), sliced ½ in (½ inch) thin
- [ ] 1 tbsp **oyster sauce** (for the chicken)
- [ ] 1 tbsp **rice wine**
- [ ] a pinch of **black pepper**
- [ ] 2 tbsp **oyster sauce** (for the sauce)
- [ ] 1 tbsp **soy sauce**
- [ ] ¼ cup **chicken stock**
- [ ] 1 tsp **cornstarch**
- [ ] 3 tbsp **avocado oil** (or other cooking oil)
- [ ] 3 cloves **garlic**, chopped
- [ ] 1 oz **ginger**, chopped
- [ ] 1 **red chilli**, sliced
- [ ] 3 **green onions**, chopped
- [ ] **sesame seeds** (white and black), to sprinkle (about 2 tsp)

Amounts in US units, converted from the cook's and rounded — the video has the originals.

Contains: Gluten, Molluscs, Sesame, Soy. Check labels on stock, sauces and spice mixes.

Method TIMES = THE MOMENT IN THE VIDEO

1. Spiralise the zucchini, put the noodles in a strainer over a bowl, toss with a generous pinch of salt and leave about 5 minutes to draw out water. 0:36
2. Slice the chicken thinly and toss with 1 tbsp oyster sauce, the rice wine and a pinch of pepper. Set aside. 1:13
3. Chop the garlic, ginger and green onions and slice the chilli. Whisk the remaining oyster sauce with the soy sauce, chicken stock and cornstarch. 1:29
4. Tip away the liquid from the zucchini and pat the noodles dry with paper towels — don't rinse them. 1:50
5. Heat a large skillet over high heat with 1 tbsp oil and stir-fry the chicken until just cooked through, then remove it so it stays juicy. 2:18
6. Add the other 2 tbsp oil and stir-fry the garlic, ginger, green onion and chilli for about a minute until fragrant. Stir the sauce again and pour it in. 2:45
7. When the sauce bubbles, add the zoodles and toss to coat, then add the chicken, turn off the heat and sprinkle with sesame seeds. 3:36

> **Tip** A lean low-carb stir-fry rather than a keto one. Salting and patting the zoodles dry keeps the sauce from going watery. Thigh fillets or prawns work too.

The method is a summary in our words — the video shows every step.

One serve gives you 1 OF 4 · ESTIMATE

ENERGY	PROTEIN	CARBOHYDRATE	FIBRE	FAT	SODIUM
289 kcal	27 g	13 g	3.1 g	14 g	800 mg
1,210 kJ	55% of a day	9.8 g net · 6.2 g sugars	11% of a day	2.3 g saturated	35% of a day
		5% of a day		18% of a day	

Energy from net carbs 14% · protein 40% · fat 46% — low carb (under 26% of the energy from carbs)

High in (20%+ of a day) Vitamin C 52% · Vitamin B6 52% · Selenium 41% · Vitamin K 28%

Source of (10–19%) Potassium 19% · Magnesium 19% · Folate 17% · Omega-3 16% · Zinc 15% · Iron 13% · Vitamin E 13% · Vitamin B12 13%

Recipe and video: Seonkyoung Longest (@SeonkyoungLongest) on YouTube — youtube.com/watch?v=rShe983SM9I, published 19 August 2020. All credit for the recipe goes to the cook; please watch and support their channel.

By Notbroken: the method summary, the unit conversions, the diet notes and the nutrition estimate — worked out from the ingredient list with USDA FoodData Central values; % of a day compares one serve with the US FDA daily values on food labels (2,000 kcal). Brands, portions and cooking change the real numbers.

General information about food, not medical or dietary advice. Free, no sign-up: notbroken.io/eat/garlic-chicken-zucchini-noodles-chow-mein