

RECIPE NO. 07 EP 7 · SEP 11, 2026

From the kitchen of *Chef Paul*



Chicken Lo Mein

YOU'LL NEED

- ☐ Lo mein noodles
- ☐ Chicken
- ☐ Onion
- ☐ Garlic
- ☐ Chili flakes, just a tiny bit
- ☐ Scallions
- ☐ Your stir-fry sauces



Ep 7 · Chef Paul at the wok

HOW WE MAKE IT

1. Marinate the chicken in onion, garlic, a tiny bit of chili flakes and scallions. No salt. Paul marinated his about two days ahead.
2. Bring water to a violent, rolling boil, with bubbles breaking on top.
3. Boil the noodles about 2 minutes, by feel. They're ready when they've doubled in size.
4. Drain the noodles.
5. Get all your prep and sauces ready, then stir-fry the chicken and toss in the noodles.
6. Plate it and eat it with chopsticks.

POINTERS FROM THE SHOW

- Boiling means bubbles break on top. Simmering means they break at the bottom.
- Limp noodles sinking to the bottom? Your water isn't really boiling.

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