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Here's a meal that you can make fairly quickly and is great! I used chow mein noodles that I purchased at an Asian market. However, regular spaghetti will work out fine. This is what you will need for this:

12 oz. chow mein noodles
1/4 cup oyster sauce - buy it in the Asian section of the grocery store
2 TBS soy sauce
1/4 cup chicken stock
1 TBS cornstarch
4 TBS water
8 chicken tenderloins, cut into thin strips
4 scallions, cut into 1-inch strips – diagonally
4 carrots, peeled and cut into thin strips
12 snap peas, trimmed and sliced diagonally
1/2 pound fresh mushrooms
1/4 cup water chestnuts, chopped
4 garlic cloves, minced
1 tsp minced fresh ginger
4 TBS peanut oil
1 TBS sesame oil
Salt & Pepper

In a small bowl whisk together the cornstarch with the water. Whisk in the oyster sauce, soy sauce and chicken stock. Make sure you have no lumps. Set aside.

Bring a large pot of salted water to a boil. Add the noodles and soak until softened. Drain and rinse off with cold water to stop the cooking process.

Heat a wok or large skillet with 2 TBS peanut oil. Heat well.

Generously season the chicken with salt and pepper. Place the strips into the hot oil and cook, stirring occasionally, until meat is cooked through. Set aside. Wipe the wok clean.

Add the sesame oil to the wok and heat well. Add the noodles and fry until golden. Set aside. Wipe the wok.

Add the remaining peanut oil into the wok. Heat well. Add the garlic, ginger and scallions. Cook for a few minutes, stirring frequently. Add the carrots and snap peas. Cook for 3 to 4 minutes. Add the mushrooms, water chestnuts and cooked chicken. Stir well. Stir the liquid well. Add it to the wok and cook, stirring, for 3 to 4 minutes. Add the noodles and toss to coat well. Heat through and serve.

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