

# Chicken Chow Mein

This recipe will fill 1 medium tray with Chicken Chow Mein, and 1½ trays with noodles \*

[John in Bibs': Chicken Chow Mein Freeze Dried Meal in a Mylar Bag MRE Ep172](#)

## Ingredients:

2 bags La Choy  
Chow Mein  
Noodles

2 Cans La Choy  
Chicken Chow  
Mein



## Directions:

1. Cook up the Chicken Chow Mein according to the directions on the can.
2. Spread the Chicken Chow Mein across a lined tray, use dividers set to 10 portions and press through food.
3. Spread the noodles out across 1½ trays.
4. Cover your trays and freeze until solid.
5. Remove lids and freeze dry.
6. Store Appropriately (See Tips and Tricks for storage help)

**Cycle Time:** Varies

**Rehydration:** Chow Mein Noodles do not need to be rehydrated.

**Chicken Chow Mein** 2 portions = 1 serving  
Add ½ C boiling water, mix, cover and let stand for 2 minutes. Check, stir, add more water if necessary and let stand for 2 more minutes.



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Cycle times & rehydration for reference only

\* Large Tray = 8 Cups/tray    Medium = 6 Cups/Tray    Small = 4 Cups/Tray