

# CHICKEN CHOW MEIN

## INGREDIENTS FOR STIR FRY SAUCE

65ml light soy sauce  
65ml soy sauce  
125ml oyster sauce  
65ml Chinese rice wine  
40g cornflour  
1 tbsp sugar  
2 tbsp sesame oil  
1 tsp ground white pepper

## INGREDIENTS FOR CHOW MEIN

2 chicken breasts, sliced  
2 cloves garlic, crushed  
2 nests dried egg noodles, cooked and coated in 1 teaspoon oil  
1 tablespoon ground nut oil  
200g choy sum (or pak choy), finely shredded  
1 medium sized carrot, julienned  
spring onions, sliced diagonally  
salt and pepper

## YOU WILL NEED:

Chopping knife, chopping board, garlic crusher, bowls, measuring jug, jar with a lid, cling film, saucepan, sieve, wok, wooden spoons

## PREPARATION

1. Combine all the ingredients for the stir fry sauce in a jar and mix well.
2. Slice chicken into thumb sized pieces and put into a mixing bowl. Add 1 tablespoon of the stir fry sauce from the jar. Mix and leave to marinate for at least 15 minutes.
3. Boil a saucepan of water then turn off the heat. Cook noodles according to the instructions on the packet. Drain noodles and return to the same pan with a small amount of oil. Stir the noodles so they are coated with oil. This avoids them sticking together. (This process should be done just before cooking the rest of the dish)

4. Prepare the choy sum, carrot and spring onions.

**4. IMPORTANT! Make sure you have the marinated chicken, prepared vegetables and cooked noodles ready before starting to cook.**

5. Heat your wok on high heat. Add oil. When the oil is hot, add the garlic and marinated chicken stir fry for 1 -2 minutes.

6. Add the choy sum, carrot and spring onions. Add in 1 tablespoon of the stir fry sauce with a little water and stir for 2 minutes.

7. Add the cooked noodles and bean sprouts. Stir for a further 1 minute.