

Chow Mein

Source: Recipe Tin Eats

Equipment • Scales • Measuring cups and spoons • Microplane • Large pot • Fry pan • Mixing spoons • Bowls • Chopping boards • Knives	Ingredients • 200g of chicken thinly sliced • 4 cups of green cabbage, finely shredded • 1 ½ tablespoons of vegetable oil • 2 cloves of garlic grated with a microplane • 200g of chow mein noodles • 1 carrot, julienned • 3 spring onions, sliced • ¼ cup of water Chow Mein Sauce: • 2 tps cornflour • 1 ½ tbsps of soy sauce • 1 ½ tbsps of hoisin sauce • 1 ½ tbsps rice wine vinegar • 2 tps sugar • ½ tsp sesame oil • Black pepper
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What to do:

Hint: Have all ingredients ready to go before you start cooking.

How to make the Sauce

1. Mix together cornflour and soy sauce, then mix in remaining ingredients.

How to Prepare the Chicken

1. Marinate Chicken: Pour 1 tbsp of sauce over the chicken, mix to coat, set aside to marinate for 10 minutes.

How to Prepare the Noodles

Prepare the noodles according to the packet instructions.

How to Cook

1. Heat oil in a large fry pan over high heat.
2. Add garlic and stir fry for 10 seconds or until it starts to turn golden. Don't let it burn!
3. Add chicken and stir fry until the surface gets a tinge of browning but inside is still raw – about 1 minute.
4. Add the cabbage, carrot, and the spring onions. Stir fry for 1 ½ minutes until the cabbage is mostly wilted.
5. Add the noodles, sauce and water. Stir fry for 1 minute, tossing constantly.
7. Remove from heat and serve immediately.