Chicken Chow Mein Recipe

Prep time: 20 mins   **Cook time:** 15-20 mins   **Serves:** 4

Ingredients:

- [ ] 400g /12 oz chicken breast or thigh fillets, thinly sliced
- [ ] 8 cups green cabbage, finely shredded
- [ ] 3 tbsp cooking oil
- [ ] 4 cloves garlic, finely chopped
- [ ] 400g /12 oz chow mein noodles
- [ ] 2 carrots cut into short, thin strips
- [ ] 3 cups bean sprouts
- [ ] 6 shallots, cut into 5cm/2" pieces
- [ ] 1/2 cup (130 ml) water

Chow Mein Sauce:

- [ ] 4 tsp cornflour / cornstarch
- [ ] 3 tbsp soy sauce, all purpose or light
- [ ] 3 tbsp oyster sauce
- [ ] 3 tbsp Chicken stock
- [ ] 4 tsp sugar
- [ ] 1 tsp sesame oil
- [ ] White pepper

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Instructions:

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

Marinate Chicken: Pour 2 tbsps of Sauce over the chicken, mix to coat, set aside to marinate for 10 minutes.

Noodles:
1. Prepare the noodles according to the packet instructions, then drain.
2. Heat oil in wok or large fry pan over high heat.
3. Add garlic and stir fry for 10 seconds or until it starts to turn golden – don't let it burn!
4. Add chicken and stir fry until the surface gets a tinge of browning but inside is still raw – about 1 minute.
5. Add the cabbage, carrot, and half the shallots. Stir fry for 1 1/2 minutes until the cabbage is mostly wilted.
6. Add the noodles, Sauce and water. Stir fry for 1 minute, tossing constantly.
7. Add bean sprouts and remaining shallots. Toss through for 30 seconds or until the bean sprouts just start to wilt.
8. Remove from heat and serve immediately.