

## Chow mein

### Ingredients:

- Egg Noodles (cooked)  
400-450 per pack --- 2 packs
- 4-6 Clove of Garlic
- 1 Onion
- 1 Red Pepper
- Green Spring Onion
- Bean Sprouts
- Chicken fillet
- Chilli
- Soy Sauce
- Dark Soy Sauce
- Sugar
- Salt
- Oyster Sauce
- A few drops of sesame oil  
or a sprinkle of toasted  
sesame seeds.
- Olive Oil / Vegetable Oil



### Method:

1. Wash and finely chop the onion and green spring onions.

Wash the bean sprouts.

Squash the garlic cloves with the back of a knife then finely chop.

Prepare the chilli - this can be added whole for a mild flavour, remove the seeds and chop for a medium heat or chop the whole chill for hot.

Cut the red peppers and chicken into thin strips.



2. Heat a little oil in a wok or frying pan. Add the onion and garlic and cook to soften. Add the chicken pieces to cook.



3. Add a little dark soy sauce for colour and 1 tbsp light soy sauce for flavour. Add the bean sprouts, green spring onion and pepper to the pan. Next add two tsp of sugar and season with salt. Add some water to make a gravy. Finally, add the chilli and stir.



4. Transfer around two thirds of the chicken veg into a bowl. Then add cooked noodles to the pan with extra soy sauce and water to cook. Serve the whole dish in a bowl once cooked.

