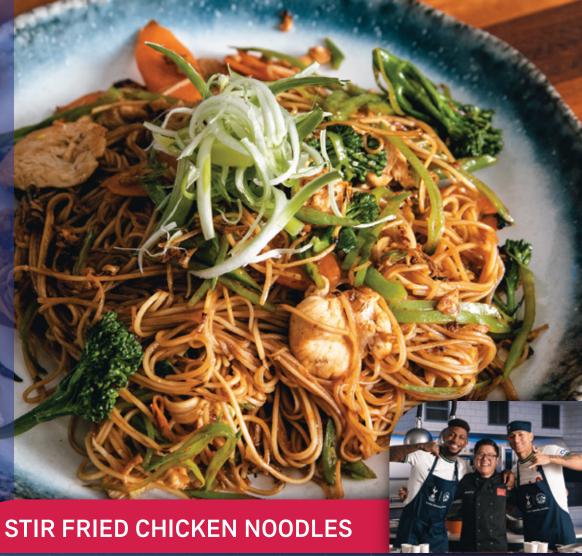


INGREDIENTS

- 1 chicken breast
- 2 nests egg noodles / sweet potato noodles / rice noodles
- 1 carrot
- Handful tenderstem broccoli
- Handful sugarsnap peas / mange tout
- 75g Bean sprouts
- 1 Spring onion



MARINADE

- 1/2 tbsp light soy sauce
- 1 tsp sesame oil

THE GARNISH

- Handful salted roasted peanuts
- Handful crispy onions
- 1 large red chilli, finely sliced into rings
- Small handful coriander leaves
- 1/2 lime, cut into wedges

CHOW MEIN SAUCE

- 1/2 tbsp oyster sauce
- ½ tbsp light soy
- ½ tbsp Dark Soy
- 1 tsp Sesame oil



PREPARATION

- 1. Soak the noodles in hot water for 3-5 minutes until softened, and separated
- 2. Slice the chicken and mix with the marinade
- 3. Slice the vegetables into strips
- 4. Finely slice the spring onions and place in a small prep bowl
- 5. Mix all the sauce ingredients in a small bowl
- 6. Build your Wok Clock starting at 12 o'clock with the chicken, followed by the vegetables, hardest veg first, lightest last, the noodles and then the sauce of your choice

COOKING

- 1. Heat 1/2 tbsp vegetable oil in a wok to high heat
- 2. Stir fry the chicken for 2 minutes, turning once
- 3. Then set aside and stir fry the rest of the vegetables, around the wok clock, leaving 30 seconds between each addition
- 4. Add the noodles and stir-fry for 1 minute
- 5. Add the sauce and stir fry for an extra 2 minutes
- 6. Add the spring onion and serve



