

# Chow Mein

## Ingredients

*Serves 4-5*

3-4 nests egg noodles (cooked)  
200g cooked chicken  
2 pak choi  
2 carrots  
Few stalks broccoli  
1 bag sugar snap peas  
1 pack baby corn  
4 spring onions & ½ bag beansprouts  
1 tsp ginger & 1 tsp garlic

**Marinade:** 2 tbsp. oyster sauce, 4 tbsp. soy sauce, 2 tsp honey, 1 tbsp. cornstarch, 2 tsp sesame oil, ¼ tsp white pepper & 1 tbsp. water

## Equipment

Knife  
Chopping board  
Peeler  
Scissors  
Measuring spoons  
Small bowl  
Hot pan  
Serving spoon

## Method

1. Make the marinade by using the correct measuring spoons for each ingredient and mix well. Set aside.
2. Cook the egg noodles until they are soft and set aside.
3. Prepare all the ingredients so they are all of similar size.
4. Fry the broccoli, baby corn and sugar snaps with the garlic, ginger and a splash of oil.
5. Add the chicken and mix well. Add the cooked noodles then pour over the marinade and mix so the noodles are well coated.
6. Add the chicken, carrot ribbons and pak choi and continue to cook for another 3 minutes.
7. Then, finally scatter over the spring onions and beansprouts.
8. Give it one last mix then serve hot and enjoy!