



## CHOW MEIN- serves 2

ALTERNATIVES (GLUTEN FREE G.F, MEAT FREE M.F, LACTOSE FREE L.F)

- 200g chicken breast, thigh fillets or chicken mince (Tofu, Lentils, TVP, - MF)
- 4 cups green cabbage
- 1 1/2 tbsp oil
- 1 tsp garlic minced
- 200g chow mein/ hokkien noodles (Rice noodles, G.F noodles, sweet potato noodles- G.F)
- 1 carrot
- 1 1/2 cups bean sprouts
- 3 green onions / Shallots
- 1/4 cup (65 ml) water

### Chow Mein Sauce:

- 2 tsp cornflour
- 1 1/2 tbsp soy sauce (G.F soy sauce- G.F)
- 1 1/2 tbsp oyster sauce (G.F oyster sauce- G.F)
- 1 1/2 cups of chicken stock (Vegetable Stock- MF)
- 2 tsp sugar
- White or black pepper

### Equipment:

- 3x Mixing Bowls
- Deep Fry Pan/ Skillet or Large Saucepan/ Pot
- Chopping Board
- Sharp Knife
- Measuring Jug/ Measuring Cups
- Strainer- not essential



### Method:

#### Sauce

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

#### Chicken, Vegetables & Noodles

1. **Marinate Chicken:** Pour 1 tbsp of Sauce over the chicken, mix to coat, set aside to marinate for 10 minutes.
2. **Vegetables:** Prepare vegetables for recipe- chop cabbage to small strips, grate and slice carrot to desired size, cut bean sprouts to desired size and slice green onion into desired width.
3. **Noodles:** Prepare the noodles according to the packet instructions (my pack says soak in boiled water for 1 minute), then drain.

#### Cooking:

1. Heat oil in wok or 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 approximately half of the green onion. Stir fry for 1 1/2 minutes until the cabbage is mostly wilted.
5. Add the noodles, Sauce and water. Stir fry for 2 minutes, tossing constantly.
6. Add bean sprouts and remaining shallots/green onion. Toss through for 30 seconds or until the bean sprouts just start to wilt.
7. Remove from heat and serve immediately.

#### Nutritional Tips:

- A great dish for adding extra vegetables—try cabbage, carrots, or bean sprouts.
- Swap chicken for tofu or lentils to reduce costs and make it meat-free.
- Use rice or sweet potato noodles for a gluten-free alternative.
- Reduce oil by stir-frying with water or using an oil spray.



### Storage Information:

#### In the Fridge:

- Up to 3–4 days
  - Store in an airtight container.
  - Let it cool to room temperature before refrigerating.
  - Reheat thoroughly before eating

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#### In the Freezer:

- Best within 1–2 months
  - Technically safe up to 3 months, but the noodles may get mushy after that.
  - Store in portion sizes in airtight containers or freezer bags to avoid freezer burn and make defrosting easier.

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#### Reheating Tips:

##### From Fridge:

- Stovetop (best): Heat a bit of oil in a pan, add chow mein, and stir-fry over medium heat until hot.
- Microwave: Cover loosely with a damp paper towel to avoid drying out. Stir halfway through.

##### From Frozen:

- Thaw in the fridge overnight for best results.
- Then reheat as above.
- *In a rush?* You can microwave from frozen, but expect softer noodles. Add a splash of water or broth to help loosen things up.

### Recipe Credit:

Nagi Maehashi

<https://www.recipetineats.com/chicken-chow-mein/>



## Nutritional Information: Per 1 Serve

Chow Mein		
Nutrition Information		
Serving Size: 1 serving		
	Average Quantity per Serving	%Daily Intake*
<b>Energy</b>	2526.5 kJ	29 %
<b>Protein</b>	45.4 g	91 %
<b>Fat, total</b>	16.9 g	24 %
- saturated	3.5 g	15 %
<b>Carbohydrate</b>	60.4 g	19 %
- sugars	19.8 g	
- lactose	0 g	
- galactose	0 g	
- starches	5.2 g	
<b>Dietary Fibre</b>	10.1 g	34 %
<b>Sodium</b>	1764.7 mg	77 %
<b>Vitamin C</b>	121.2 mg	
<b>Vitamin A</b>	75.7 µg	
<b>Calcium</b>	166.7 mg	
<b>Iron</b>	2.7 mg	
*Percentage daily intakes are based on an average adult diet of 8700 kJ.		
Per Serving <input type="checkbox"/>		
Full Info at <a href="http://cronometer.com">cronometer.com</a> </>		

Australia/NZ Label ▼