

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

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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.

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Storage Information:

in the Fridge:

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

In the Freezer:

- Best within 1–2 months
 - o 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.

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.

Rrom 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

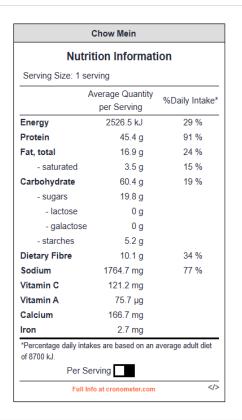
https://www.recipetineats.com/chicken-chow-mein/

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Nutritional Information: Per 1 Serve



Australia/NZ Label ▼

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