



Chicken Chow Mein

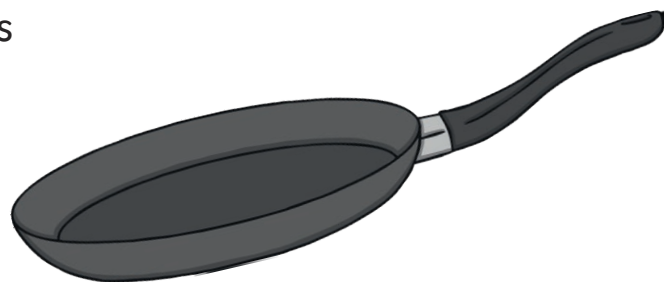


Ingredients

- Thumb sized piece of fresh ginger
- 2 garlic cloves
- 3 tablespoons of tomato ketchup
- 2 tablespoons of oyster sauce
- 2 tablespoons of soy sauce
- 1 large red pepper
- 5 spring onions
- 200g of beansprouts
- 2 chicken breasts
- 3 nests of medium egg noodles
- 1 tablespoon of olive oil

Equipment

- Hob
- Small bowl
- Garlic press
- Chopping board
- Sharp knife
- Saucepan
- Frying pan or wok
- Colander
- Wooden spoon



Method

1. Crush the garlic and grate the ginger. Mix in a bowl with the ketchup, oyster sauce, soy sauce and 3 tablespoons of water.
2. Cut the pepper and spring onion into thin strips about 4 centimetres long.
3. Cut the chicken into bite sized pieces.
4. Fill your saucepan with water and bring to the boil on the hob. Once the water has reached boiling, drop in the noodle nests.
5. Boil the noodles for 4 minutes and then drain the water.
6. Heat a tablespoon of oil in your frying pan or wok and add the chicken. Fry off the chicken until it is no longer pink.
7. Once the chicken has cooked through, add the pepper and stir fry for a minute.
8. After a minute, add the sauce you prepared earlier and stir until it begins to bubble and thicken.
9. Add the noodles, beansprouts and spring onions and stir everything together until it is all well coated.
10. Serve the chow mein in bowls and tuck in!

