



CHICKEN OR QUORN CHOWMEIN



INGREDIENTS

1 nest dried rice or egg noodles

1 onion – finely chopped

1 carrot - peeled and sliced thinly

2 cloves garlic – crushed

1cm fresh root ginger—peeled and chopped

1 pepper - deseeded and sliced thinly

100g cooked chicken or quorn

50g beansprouts (optional)

2 dessertspoons hoisin sauce

2 dessertspoons sweet chilli sauce

2 dessertspoons light soy sauce

black pepper

1 tablespoon freshly chopped coriander

1 spring onions—peeled and finely sliced

EQUIPMENT

chopping board, sharp knife,

wok or large 'non stick' frying pan

wooden spoon, mixing bowl,

dessertspoon, fork

SERVES: 2

PREP TIME: 15 minutes

COOK TIME: 10-15 minutes

ALLERGENS: cereals containing gluten,
egg, fish, soya

METHOD

- 1 Place the noodles in the mixing bowl, Carefully cover the noodles with boiling water and leave for 5-10 minutes to soften. Then drain and set aside.
- 2 Heat the oil in the wok or frying pan until hot, then add the onion and carrot and stir-fry over a high heat for 3 minutes. Add the garlic, ginger, pepper and chicken and stir-fry for a further 3 minutes.
- 3 In a small bowl, mix together the oyster sauce, chilli sauce and soy sauce. Pour the sauce into the wok, mix everything together and stir-fry for a further minute.
- 4 Serve the Chow Mein immediately with a sprinkling of fresh coriander and spring onions.