



Gok Wan's Chicken Chow Mein or Stir Fry

Chow Mein is a favourite Chinese takeaway all around the world. This is Gok's authentic take on Chow Mein you can do at home along with my version as a stir fry with no noodles. Bean sprouts are a powerhouse of goodness for athletes and contain a high level of protein, at an average of 5 grams per cup and also a great source of Vitamins C and B6 plus iron, riboflavin, pantothenic acid, niacin, thiamine, zinc, calcium, phosphorus, magnesium, potassium, and copper.

Serves: 2, Prep time: 00:15, Cook time: 00:10

Instructions

1. If using dried noodles, rehydrate them in very warm water. Drain and leave to cool - you can toss in a little oil to stop them from sticking.
2. Fry off the white onion on a high heat to char a little - look for wok hay.
3. Add the garlic and chicken and cook through for another minute.
4. Add all the other vegetables, except the bean sprouts. Cook for 30 seconds - 1 minute. Keep moving around so it doesn't stick or burn.
5. Add the noodles and cook to char slightly.

Ingredients

- 1 Egg noodles, Nest
- 2 Garlic, cloves, Chopped
- 0.5 Onion, cut into julienne
- 1 Chicken Breast Cooked, Poached (see below)
- 3 Spring onion, cut into julienne
- 6 Mushrooms, Chestnut, cleaned and sliced
- 8 Peas, sugar snap, cut into julienne
- 0.25 Pepper, Red, cut julienne
- 1 Beansprouts, Handful
- 1 tablespoon Soy Sauce, light
- 1 1/2 tablespoon Soy Sauce, Dark
- 1 tablespoon Oyster sauce
- 1 tablespoon Honey
- 1 pinch or to taste Sea Salt

6. Add all the liquids and the bean sprouts and fry for 1-2 mins.

7. Finish with extra finely spring onions, sliced chillies, sesame and chilli oil.

Note:

To poach the chicken breast, place into a pan and cover with 500ml boiling water. Add 4 tbsp dark soy sauce and simmer for approximately 7-8 minutes or until cooked through.

If using fresh chicken marinade chicken (marinade is 1 tsp corn starch, 1 tsp light soy sauce and 1 tsp of cooking wine) then cook off before using above.

Drain and shred the meat.

For a delicious stir fry dont add noodles but serve with egg fried rice or a crispy fried egg on top.

Wok Hay is a Cantonese expression that describes capturing into the food the hot breath of a seasoned wok.

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- 1 pinch or to taste White pepper
- 1 pinch or to taste Oil, sesame
- 1 pinch or to taste Chilli oil
- 1 Chili, Red Fresh, To serve