

Cookery Club  
Wednesday 17<sup>th</sup> October 2018  
Easy Chow Mein

Ingredients:

- ❖ 50g dried egg noodles
- ❖  $\frac{1}{4}$  carrot
- ❖  $\frac{1}{2}$  spring onion
- ❖ 12g green beans, peas or mangetout
- ❖ Handful of beansprouts, sliced pepper, broccoli and/or mushrooms
- ❖  $\frac{1}{2}$  tsp vegetable or sunflower oil
- ❖  $\frac{1}{4}$  crushed garlic clove
- ❖ Handful of shredded cooked meat

Chow Mein sauce:

- ❖  $\frac{1}{4}$  tsp soy sauce
- ❖  $\frac{1}{2}$  tsp honey
- ❖  $\frac{1}{4}$  tsp tomato ketchup
- ❖  $\frac{1}{4}$  a lemon, juice only

Method:

- ❖ Place the dried noodles in a heatproof bowl and add boiling water. They will take approximately five minutes to cook. When the noodles are cooked, drain them in a sieve and rinse the noodles under cold water.
- ❖ Peel and grate the carrot. Chop any other vegetables you want to include. Everything should be sliced thinly if possible.
- ❖ In a small bowl mix together the soy, honey, ketchup and lemon juice. It should be tangy but sweet.
- ❖ Heat a large frying pan or wok and add the oil. Add the garlic and stir fry for a few seconds, then add the grated carrots, spring onions and the beans or peas as well as any other raw veg or cooked meats you want to add.
- ❖ Stir fry for two minutes on a high heat before adding the sauce and a splash of water.
- ❖ Add the cooked noodles to the stir-fried ingredients along with the beansprouts if you are using them. Stir the Chow Mein for a couple of minutes over a high heat to finish the dish.
- ❖ Try using chopsticks to eat and enjoy!

