

### 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 oyster sauce (or fish 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.

