

Polwhele House Chinese New Year Recipe Card

Chow Mein Dish



Ingredients

- 225g dried or fresh egg noodles
- 1 tbsp sesame oil, plus 1 tsp
- 100g boneless, skinless chicken breasts, cut into fine shreds
- 2½ tbsp groundnut oil
- 2 garlic cloves, finely chopped
- 50g mangetout, finely shredded
- 50g prosciutto or cooked ham, finely shredded
- 2 tsp light soy sauce
- 2 tsp dark soy sauce
- ½ tsp freshly ground white pepper
- ½ tsp golden caster sugar
- 2 spring onions, finely chopped

For the marinade

- 2 tsp light soy sauce
- 1 tsp sesame oil
- ½ tsp freshly ground white pepper

🕒 Prep: 10 mins
🍳 Cook: 20 mins
plus marinating

🌿 Easy

🍴 Serves 4

A classic Chinese dish of stir-fried egg noodles with shredded chicken breast. Experiment with different fish, meat or vegetables

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Method

STEP 1

Cook 225g egg noodles in a large pan of boiling water for 3-5 mins, then drain and put them in cold water. Drain thoroughly, toss them with 1 tbsp sesame oil and set aside.

STEP 2

Combine 100g chicken breasts, cut into fine shreds, with 2 tsp light soy sauce, 1 tsp sesame oil, ½ tsp white pepper and ½ tsp salt for the marinade, mix well and then leave to marinate for about 10 mins.

STEP 3

Heat a wok over a high heat. Add 1 tbsp groundnut oil and, when it is very hot and slightly smoking, add the chicken shreds.

STEP 4

Stir-fry for about 2 mins and then transfer to a plate.

STEP 5

Wipe the wok clean, reheat until it is very hot then add 1½ tbsp groundnut oil.

STEP 6

When the oil is slightly smoking, add the 2 finely chopped garlic cloves and stir-fry for 10 seconds.

STEP 7

Add 50g finely shredded mangetout and 50g finely shredded prosciutto, and stir-fry for about 1 min.

STEP 8

Add the noodles, 2 tsp light soy sauce, 2 tsp dark soy sauce, ½ tsp white pepper, ½ tsp golden caster sugar, 2 finely chopped spring onions and 1 tsp salt.

STEP 9

Stir-fry for 2 mins. Return the chicken and any juices to the noodle mixture. Stir-fry for about 3-4 mins or until the chicken is cooked.

STEP 10

Add 1 tsp sesame oil and give the mixture a few final stirs. Put on a warm platter and serve immediately.