KIKKOMAN

Chicken Chow Mein

Total time **30 mins** **10 mins** preparation time **20 mins** cooking time

INGREDIENTS

4 portion(s)

400 g	Egg Noodles
100 g	Mangetout, chopped
3	Garlic Cloves, sliced
2	Peppers, chopped
4	Spring Onions, chopped
1	Carrot, chopped
500 g	Skinless Chicken Breast
3 tbsp	Rice Wine Vinegar
1 tbsp	Cornflour
2	Eggs
3 tbsp	Oyster Sauce
5 tbsp	Kikkoman Naturally Brewed Soy Sauce
1 tbsp	Sugar

PREPARATION

Step 1

Make your Chow Mein Sauce. Grab a bowl. Add the cornflour and soy sauce. Mix them together until the cornflour is fully absorbed. Add the oyster sauce, vinegar and sugar. Mix everything together until you have a nice smooth sauce. Set aside.

Step 2

Prep your veg.

Step 3

Cook your egg noodles. Once ready, drain and leave in a bowl of cold water, ready for the wok.

Step 4

Dice up your chicken breasts into bite-size strips.

Step 5

Crack your eggs into a bowl. Season with salt and pepper. Beat everything together. Add 8 tablespoons of cornflour into another bowl. Dip the chicken in the egg and then in the flour.

Step 6

Add the chicken to a wok with a splash of vegetable oil. Once all the chicken is cooked, set it aside. Remove the wok from the heat, wipe it down

and place it back on the cooker.

Step 7

Chow Mein cooking time. This is a quick process so you want everything prepared and ready by your wok.
Get the wok on a high heat. Add a splash of oil followed by your pepper, mangetout, carrots and spring onions.

Step 8

Fry for 3-4 minutes until they start to char and then add your garlic. Mix it in, add your chicken and your sauce. Toss everything together and cook for 2 minutes.

Step 9

At this point, add your noodles. Toss everything together.

Step 10

Serve the Chow Mein in a bowl. Top with some sliced spring onions and a small splash of Kikkoman soy sauce. Enjoy.