



Chicken Chow Mein

Ingredients

250g dry egg noodles
2 chicken breasts
2 Cloves garlic
3 Spring onions
1 Red pepper
1 carrot
1 Green pepper
50g Mangetout
3/4 baby corn
Dark and light soy sauce
Oyster sauce
Sugar, oil, cornflour, bamboo
Chinese cabbage

Equipment

Wok
Mixing bowl x 2
Savoury spoon
Brown chopping board
Red chopping board
Non-slip mat
Vegetable peeler
Saucepan
Colander (share)
Small basin

Method

