

CHICKEN STIR FRY ON CHOW MEIN NOODLES (for 4 people)

1	chicken breast, cut up bite sized	
2	slices of fresh ginger, minced	
2	garlic clove, minced	
25 ml	soya sauce	(MEAT AND MARINADE)
15 ml	oyster sauce + hoisin sauce	
15 ml	Chinese cooking wine	
15 ml	brown sugar	
1/4	onion, sliced thinly	
1	carrot, peeled, washed and sliced on the diagonal	
1	celery, sliced on the diagonal	
1/4	head of broccoli, florets separated	(VEGETABLES)
3	mushrooms, sliced thinly	
1	green onion, sliced	
150 ml	chicken stock	
30 ml	soya sauce	
15 ml	corn starch	(SAUCE)
750 ml	chow mein noodles	
80 ml	oil (50 for vegetables, 50 for the noodles)	
125 mL	fresh bean sprouts	

METHOD:

1. In your small bowl stir together the ginger, garlic, cooking wine, soy sauce, oyster sauce, hoisin sauce and brown sugar. Cut your chicken breast into small bite sized pieces and add to sauce. Let stand.
2. In a glass liquid measure stir together the chicken stock and cornstarch and soya sauce.
3. Fill a pot 2/3 full of water, add the salt, bring to the boil, add the noodles and cook for 2 min then let drain and sit in the metal colander.
4. Add 50 ml oil to the fry pan. When it's hot, add vegetables starting with onions. Stir fry for 1 min, then add the carrots, cook 1 min, then the broccoli, then the celery and lastly the mushrooms and green onion. Pour cooked vegetables into a medium bowl.
5. Add the chicken mixture to the hot wok and cook for 3 mins. Then pour it into the medium bowl over top of the vegetables.
6. Add the other 50 ml of oil to the wok and when it's hot add the noodles and fry till crisp on both sides. Divide up the noodles between the four plates. Add the sauce mixture to the hot wok and cook for 10 secs, add all of the veg mixture back in, toss together. Quickly add in the bean sprouts, toss again and pour the mixture over top of the cooked noodles on the plates. Serve and enjoy.