

# Jason Pettit – Capital Radio Recipe

## Chicken Chow Mein

**This quick & easy takeaway classic is ready in under 25 minutes!**

'Chow' means stir fried and 'Mein' means noodles so practically anything can be used in this dish. Any vegetables can be used such as carrot, leek, green cabbage, pak choi, baby corn – just ensure they are sliced thinly so they cook quickly.



### **Ingredients – serves 4 people**

1 pkt	medium egg noodles (200gm approx.)
2 lrg	chicken breast (sliced 5mm thick – cut against the grain)
1 Tbsp	cooking oil
1 Tbsp	sesame oil
1.5 Tbsp	Chinese 5 spice powder
2 Tbsp	light soy sauce
4 Tbsp	oyster sauce
1 each	red pepper (de-seeded & sliced thinly - 3mm approx.)
1 each	green pepper (de-seeded & sliced thinly – 3mm approx.)
½ small	Chinese cabbage (washed & sliced thinly – 5mm approx.)
2 lrg	garlic cloves (peeled & sliced thinly)
2 inch	ginger root (peeled & sliced thinly)
2	spring onions (washed & sliced thinly)
	<i>black pepper to taste</i>

### **Method**

Season the sliced chicken with 1 Tbsp of the Chinese 5 Spice powder, a few twists of fresh ground black pepper and 1 Tbsp of light soy sauce. Ensure the chicken strips are evenly coated – set aside.

Cook the egg noodles as per the packet instructions. Drain well then add ½ Tbsp of sesame oil. Mix together to coat the noodles in the oil – set aside.

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Pre-heat a large non-stick frying pan/wok on a high heat.

Add the cooking oil and remaining sesame oil, swirl the pan to mix the oils then carefully add the chicken strips.

Stir fry the chicken strips until they are golden brown all over – approx. 3 – 4 minutes.

Add the sliced garlic, ginger, peppers, Chinese cabbage, spring onions and remaining Chinese 5 spice powder.

Stir fry for a further 2 minutes.

Add the cooked noodles and stir fry for 30 seconds to mix everything and heat the noodles.

Add the oyster sauce and remaining light soy sauce – stir fry for a further minute ensuring the sauces evenly coat everything.

Divide equally between the serving bowls/plates and serve.

Notes from the chef:

*Oyster sauce is an essential flavouring in the recipe but if you are allergic to seafood/shellfish then substitute light soy sauce.*

*Stir frying requires high heat – this cooks the ingredients quickly, uses low amounts of oil/fat and retains lots of nutritional goodness.*

*Ensure the pan/wok is very hot before adding the oil – test the heat by adding a couple of drops of water. The pan is ready when the water droplets jump and dance immediately.*

*Any protein can be used instead of chicken – ensure it is sliced thinly so that it cooks quickly.*

*Chinese 5 spice powder is made up of cinnamon, cloves, fennel seeds, star anise and Sichuan pepper.*

*Dried chili flakes can be added along with the sliced vegetables for a more fiery chow mein.*

*Toasted sesame seeds may be sprinkled over the finished stir fry as a garnish.*

Tbsp - tablespoon

Tsp - teaspoon