**CHOW MEIN**

**“STIR-FRIED NOODLES”**

**SERVES 2-3**

**\*\*\* TIP: CUT YOUR VEGETABLES LIKE MATCH STICKS (JULIENNE) SO THEY RESEMBLE A NOODLE-LIKE SHAPE \*\*\***

**INGREDIENTS:**

1 square of egg noodles or 125 mL fresh Chinese egg noodles

5 mL sesame oil

[](https://www.google.ca/url?q=http://www.ocado.com/webshop/recipe/chicken-chow-mein/1351&sa=U&ei=wK8gU8mgAYHqoATLy4GACw&ved=0CJYBEPUBMDU&usg=AFQjCNGkvv0e11Zc9s66Bb76wCGeC5-V4Q)⅛ medium onion, sliced

½ celery stalk, julienned

1 mushroom, sliced

½ small carrot, julienned

50 mL bean sprouts

60 mL water

10 mL soya sauce

3 mL cornstarch + 15 mL water (mixed in custard cup)

**EGG NOODLES:**

1. Bring a medium pot filled 3/4 full of water to a rolling boil on high heat.
2. Add noodles, cook for 2-5 minutes until just tender. Drain noodles in colander.
3. In a medium bowl, toss noodles with 5 mL of sesame oil.

**CHOW MEIN**

1. Wash and prepare vegetables according to instructions above.
2. Heat 5 mL of vegetable oil in a frying pan.
3. Add the egg noodles and fry for 1 minute, constantly stirring so they do not stick to the bottom of the pan. Remove and set aside.
4. Heat remaining 10 mL of vegetable oil on medium heat. Stir-fry onion, celery, mushroom and carrot for 1 minute. Add bean sprouts and stir-fry for an additional minute.
5. Return noodles to frying pan with the vegetables and add 60 mL of water. Stir in soya sauce.
6. Cover and steam for about 1 minute.
7. Add cornstarch mixture to frying pan, stir until blended. Cook for 2-3 minutes more.
8. Serve!