



# Chow Mein

## **INGREDIENTS**

- 150g fresh egg noodles
- 1 clove garlic - peeled and crushed
- 1 small piece of ginger- shredded
- 2 spring onions - chopped
- 4 mushrooms - sliced
- A handful of mange tout
- 10ml oil
- 50g beansprouts (thoroughly washed)
- 15ml soy sauce

## **METHOD**

1. Heat the oil in the wok on a medium heat. If cooking meat, add it chopped up to the wok, fry thoroughly (cutting through to check).
2. Put it aside on a plate and stir in at the very end.
3. Fry the onion, ginger and garlic for 1 minute.
4. Add the mushrooms and mange tout, cook for a further 3 minutes.
5. Stir in the beansprouts and cook for a further 2 minutes.
6. Add the noodles and soy sauce and cook for a further 3 minutes.

*This dish is the ultimate in 'fast' food .... Ready in 9 minutes as a vegetarian dish, or slightly longer if you cook meat and add it in at the very end.*