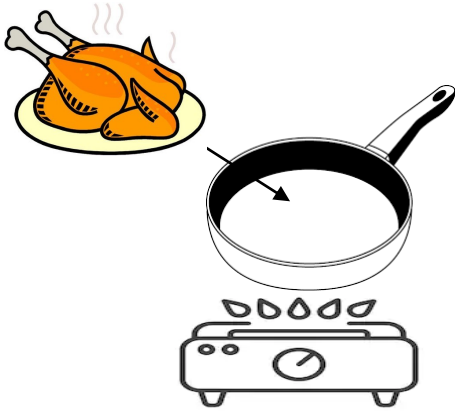




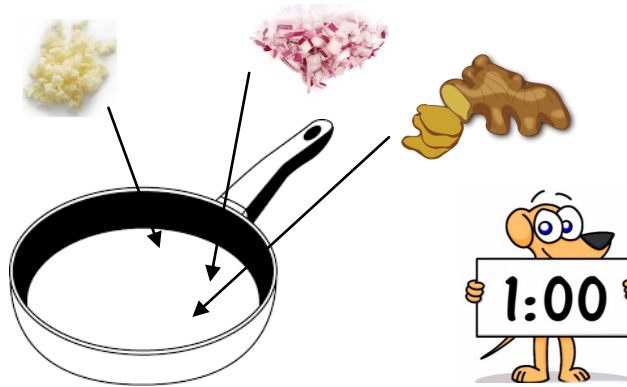
# Chow mein

1. Cook the chicken/ beef in the wok until brown.

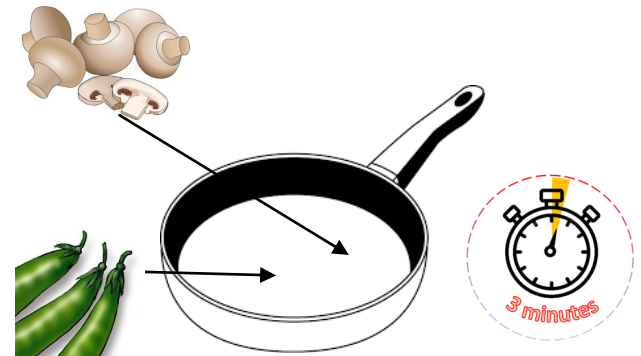


Remove  
from the  
heat!

2. Fry onion, ginger and garlic for 1 minute.



3. Add mushrooms and mange tout.



4. Add the beansprouts.



5. Add the noodles and soy sauce.



7. Add the cooked meat.

