

Basic Chow Mein Recipe

Serves 4

- 4 nests wheat noodles
- 2 tablespoons sesame oil
- 1 medium onion
- 3 gloves garlic
- 3cm piece ginger, peeled and grated
- 2 tablespoons soy sauce
- 2 teaspoons rice wine



Added vegetables – slice to a similar size

1. Bring a large saucepan water to the boil on a stove. Add the nests of noodles and simmer for time stated on the packet – around 5 minutes.
2. When the noodles have cooked, drain through a colander then pour the noodles back into the saucepan. Stir in 1 tablespoon of sesame oil. Vegetable oil will be fine if you don't have sesame oil. Leave to one side.
3. Slice any vegetable to add.
4. Finely slice the onion, crush the garlic, peel and grate the ginger.
5. In a wok or large frying pan, add a tablespoon vegetable oil and place on a medium high heat.
6. Once hot, add the onion and stir fry for a minute.
7. Add the garlic and ginger and continue cooking for another 30 seconds until soft.
8. If adding vegetable, add the hardest vegetables first, stir fry until almost soft then add the softer vegetables. Don't overload the pan or the vegetables will steam. Stir fry the vegetables in batches then pour onto a large plate.
9. When the vegetables are cooked, pour onto a plate.
10. Add a tablespoon vegetable oil to the wok and stir fry the noodles until hot.
11. Pour the vegetables in with the noodles and continue to stir fry.
12. Stir in the soy sauce, rice wine and 1 tablespoon sesame oil. Check seasoning and add pepper to taste.