

# Chicken Chow Mein

## Ingredients

- Nest of egg noodles
- 1 tbsp. oil
- 2 garlic cloves
- A handful of Beansprouts
- $\frac{1}{2}$  a pepper
- $\frac{1}{2}$  a carrot
- 1 piece of chicken
- 3 tablespoons soy sauce
- 1 tbsp. rice wine vinegar
- 2 pinches of white pepper
- 2 pinches of caster sugar
- 1 spring onion
- $\frac{1}{2}$  onion

## Method

1. Slice the onion.
2. Cut the spring onions, garlic finely.
3. Peel the carrot and cut into strips.
4. Cut the peppers into strips.
5. In a measuring jug add soy sauce, rice wine vinegar, oil, white pepper, caster sugar, salt mix well. (**This is your sauce**)
6. Cut the chicken into strips.
7. Cook the noodles once they start boiling **turn them off!!**
8. Fry the chicken till it starts browning.
9. Add carrots, garlic, onion and peppers, cook for a few minutes.
10. Add bean sprout, spring onion, sauce and stir fry for 30 seconds.
11. Add the cooked noodles and toss well.
12. Serve.