



Chicken chow mein

10'
Hands on

15 minutes'
Hands off

20'
Cook Time

2
Portion(s)

1
Difficulty



Ingredients

- 100 g chicken breast, boneless
- 70 g sausage
- 2 tablespoon(s) soy sauce, light
- 1 tablespoon(s) rice wine
- 2 tablespoon(s) sesame oil
- pepper
- 250 g noodles, egg
- salt, to boil the noodles
- 1 tablespoon(s) olive oil
- 2 tablespoon(s) garlic, thinly sliced
- 100 g green beans
- 4 spring onions, finely chopped

Διατροφικός πίνακας

Nutrition information per portion

505 Calories (kcal)	11.0 Total Fat (g)	3.6 Saturated Fat (g)	62.0 Total Carbs (g)
25%	16%	18%	24%
2.8 Sugars (g)	34.0 Protein (g)	8.4 Fibre (g)	3.4 Sodium (g)
3%	68%	34%	57%

Method

- Cut the chicken breasts diagonally in thin strips, but not too thin or they will dry out when you cook them.
- Cut the ham or sausage into pieces.
- In a bowl mix together ½ soy sauce, wine or sherry, and sesame oil. Add the chicken and coat with the marinade. Add salt and pepper and let sit for 15 minutes.
- Boil the noodle in salted water. They should only take 3-4 minutes after the water starts to boil.
- We strain the noodles and place them into cold water so that will stop cooking. If you add a bit of olive oil they won't stick either.
- Heat a wok or a large pan. Add ½ of the remaining olive oil. When the oil is well heated (when it starts to smoke a bit) we add the chicken and the sausage or ham (be careful because this will splatter).
- We sauté on high heat for 2 minutes stirring consistently. Remove from the pan and place on a plate.
- Place the pan back onto the heat and add the remaining oil. As soon as the oil is heated we add the garlic and the peas. As soon as the garlic begins to lightly brown stir very well so that everything will cook evenly.
- Add the noodles, the meats, and we sauté until everything is heated about 1-2 minutes.
- We add the remaining soy sauce, the sherry and sesame oil. Add the fresh onion and sauté for another 2-3 minutes.
- Serve.

Tip

It's a good idea to serve immediately!