



JERNEJ KITCHEN

CHICKEN CHOW MEIN

Make the most delicious Chicken Chow Mein with rice noodles, fried chicken, fresh veggies, and excellent sauce. It's the perfect meal for any day.

SERVES	4	PEOPLE
PREPARATION:	10	MINUTES
COOK:	10	MINUTES
TOTAL TIME:	20	MINUTES

CHICKEN CHOW MEIN

250 g (1/2 pound) chicken breast, skinless and boneless

2 tbsp light soy sauce

200 g (1/2 pound) cabbage

2 carrots

2 garlic cloves

2 spring onions

150 g (5.3 oz) rice noodles

2 tbsp sesame oil, for cooking

1 handful of sprouts

1 tbsp sesame seeds, to serve

SAUCE

2 tbsp light soy sauce

1 tbsp oyster sauce

2 tbsp Shaoxing Wine (optional)

1 tbsp cornstarch

60 ml (1/4 cup) chicken stock or water

1 tsp sugar

pinch of white or black pepper

MEAT PREPARATION

Cut the chicken breast into stripes or cubes. Add to a bowl and season with soy sauce and pepper. Set aside to marinate and prepare the vegetables.

VEGGIES PREPARATION

Cut the cabbage into thin stripes. Peel the carrots and cut into thin slices (julienne). Dice the garlic and cut the spring onion into pieces of 5 cm (2 inches).

SAUCE

In a bowl, stir together soy sauce, oyster sauce, Chinese cooking wine, cornstarch, stock or water, sugar, and a pinch of pepper.

REZANCI

Rezance skuhamo po navodilih iz embalaže.

SKUHAMO

Vok damo na močan ogenj. Dodamo sezamovo olje in piščanca. Pražimo 2 minuti, nato dodamo česen in pražimo 30 sekund. Sledi zelje in korenje in pražimo 1 - 2 minuti. Dodamo odcejene riževe rezance in mlado čebulo. Pražimo minuto. Dodamo pripravljeno omako, dobro premešamo in kuhamo minuto. Tik preden postrežemo vmešamo v jed še sveže (ali vložene) kalčke.

POSTREŽEMO

Chow Mein s piščancem razdelimo med štiri krožnike. Posujemo s sezamom in postrežemo.

TOOLS AND EQUIPEMENT

kitchen knife

cutting board

bowl

wok