**Chow Mein**



**Ingredients**

* 350g medium egg [noodles](https://www.bbc.co.uk/food/noodle)
* 350g skinless [chicken breast](https://www.bbc.co.uk/food/chicken_breast) fillets or rump steak slices, sliced into strips (or Quorn for veggy)
* 8-10cm piece of ginger
* 2-3 garlic cloves
* 1 red [pepper](https://www.bbc.co.uk/food/pepper), seeds removed and thinly sliced
* 200g/5oz bean sprouts
* 150g mange tout/sugar snap peas cut in half
* handful of mushrooms quartered
* 3 [spring onion](https://www.bbc.co.uk/food/spring_onion)s, sliced lengthways and finely chopped
* toasted [sesame oil](https://www.bbc.co.uk/food/sesame_oil)
* rice vinegar (dry sherry will do if you can't find rice vinegar)
* 4 tbsp light [soy sauce](https://www.bbc.co.uk/food/soy_sauce)
* 2 tsps [five-spice powder](https://www.bbc.co.uk/food/five-spice_powder)
* 2 tbsp groundnut/rapeseed oil
* freshly ground [black pepper](https://www.bbc.co.uk/food/black_pepper)
* 2 tsp [chilli sauce](https://www.bbc.co.uk/food/chilli_sauce) (optional)
* 4 tsps oyster sauce (optional - only with the beef)

**Method**

1. Cook the noodles in a pan of boiling water for 2–3 minutes, until al dente, or according to packet instructions. Drain, then rinse under cold running water and drain again. Drizzle with a dash of sesame oil and toss through to prevent the noodles from sticking to each other.
2. Peel the ginger and grate on a fine side of the grater; crush your garlic cloves
3. Put the chicken/beef/Quorn strips in a bowl with the garlic and ginger, and season with light soy sauce, the five-spice powder and chilli sauce, if using...add the oyster sauce to the beef if using beef
4. Mix well and put in the fridge for 10 minutes
5. Prepare your vegetables (red pepper, mange tout, mushrooms, spring onions)
6. Take meat or Quorn out of the fridge.
7. Heat a wok until smoking and add the groundnut oil, then add the meat and marinade
8. Stir fry for 3 minutes, or until the meat is golden-brown and cooked through
9. Add a good dash of rice vinegar or dry sherry
10. Add spring onions and mushroom - stir fry for 2 minuts,
11. Then add the bean sprouts and mange tout - stir fry for 30 seconds.
12. Stir in the cooked noodles and season with the soy sauce, a dash of sesame oil. more five spice and freshly ground black pepper.
13. Pile the noodles onto a serving plate and serve immediately.