



Chow mein – low fat version

NIBBLEDISH CONTRIBUTOR

Ingredients

- 500 grams of chicken breast, sliced
- 2 carrots, peel and julienne
- 1/2 red onion, sliced
- 1 red bell pepper, deseeded and sliced
- 1 can of Taiwanese golden mushrooms, drained
- 1/2 of leek, green part, julienne
- 2 ribs of celery, sliced
- 3 cups of mung bean sprouts
- 250 grams of dry Chinese instant noodles
- 4 tablespoons of oil

Meat marinate:

- 1 tablespoon oyster sauce
- 1 teaspoon soy sauce
- Salt and pepper

Sauce:

- 1/4 cup water or chicken broth
- 1 tablespoon oyster sauce
- 1 tablespoon soy sauce
- 1 tablespoon cornstarch
- 4 tablespoons water

Instructions

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1. Mix marinate ingredients and marinate chicken about 30 minutes upto 1 hour.
 2. Cook noodles according to the instruction on the package. Drain and broil over grill in the oven till crispy.
 3. Heat 1 tablespoon of oil and fry chicken till turns white. Remove from the wok.
 4. Heat 1/2 tablespoon of oil and fry onion and bell pepper, about 3 minutes. Remove from the wok.
 5. Heat 1/2 tablespoon of oil and fry carrot and leek, about 2 minutes. Remove from the wok.
 6. Heat 1/2 tablespoon of oil and fry celery, about 3 minutes. Remove from the wok.
 7. Mix water with potato starch. Add remaining sauce ingredients and mix well.
 8. Return all vegetables and chicken to the wok, add mushrooms and mung bean sprouts. Mix well and add sauce. Heat about 4 minutes.
 9. Arrange crispy noodles on the plates and pour over with vegetables & chicken.