

Vegetable Chow Mein



Ingredients list

Chow Mein Sauce

- 3 tbsp soy sauce
- 1 tbsp hoisin sauce
- 1.5 tsp sugar
- 1 tsp sesame oil
- 1 tsp sriracha (optional if you like spice)

Stir Fry

- 2 garlic cloves, finely chopped
- 1 small onion, thinly sliced
- 1 carrot, cut into thin strips
- 1 red pepper, cut into thin strips
- 1/2 head broccoli, cut into small florets
- 150g bean sprouts
- 300g dried egg noodles

Equipment list

- Sharp knife
- Chopping board
- Frying pan
- Colander
- Plastic spoon
- Tablespoon
- Small plastic bowl

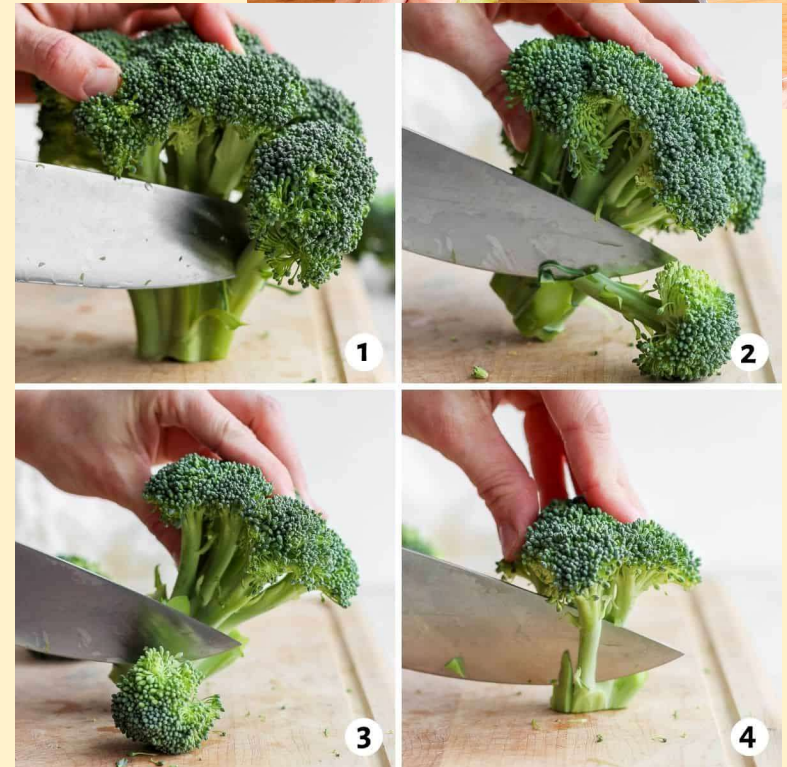
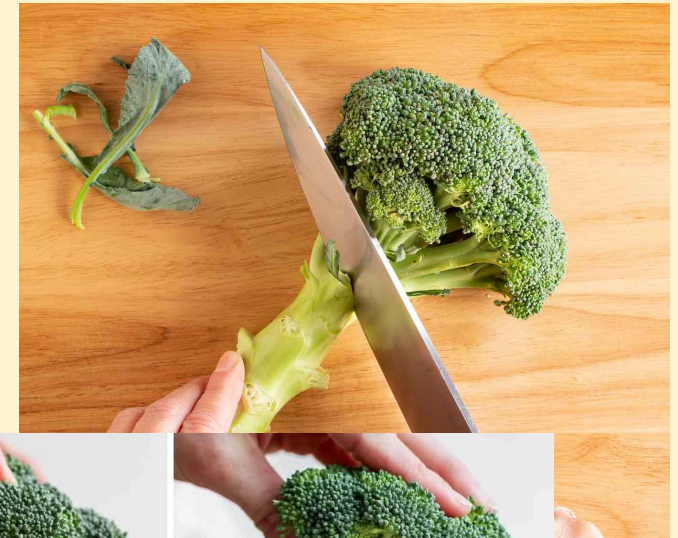
Method

1. Peel and dice and the onion
2. Peel and finely dice the garlic
3. Heat some oil in a wok or pan on high heat and add the garlic and onion. Fry for a few minutes until soft.
4. Peel and slice your carrot into strips.



Method

5. Chop your broccoli into small florets
6. Add the broccoli and carrot and fry for a further 2 minutes.
7. Remove the seeds and slice your pepper.
8. Add the pepper and bean sprouts and fry for 2 minutes. Stir well so they get cooked evenly.



Method

9. Bring a saucepan of water to boil. Add the noodle and cook noodles according to packet instructions (often 3-4 mins)
10. In a small bowl, combine 3 tbsp soy sauce, 1 tbsp hoisin sauce, 1.5 tsp sugar, 1 tsp sesame oil and 1 tsp sriracha (optional if you like spice). Mix well. This is your chow Mein sauce.
11. Add the Chow Mein sauce and noodle and stir well so everything is evenly coated.

