# Chow Mein

Recipe found here: https://www.recipetineats.com/chicken-chow-mein/

Recipe video above. A great Chow Mein that truly rivals Chinese restaurants comes down to the sauce! Make this with your protein of choice (Note 1). Have all the ingredients ready to go before you start cooking because it's done in 5 minutes!
Prep Time10 minutes mins
Cook Time5 minutes mins
Total Time15 minutes mins
Course: Noodles
Cuisine: Chinese
Keyword: chicken chow mein, chinese noodles, Chow Mein, Thai stir fried noodles
Servings: 2 -3
Calories: 554cal
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Ingredients

- 200g /6 oz chicken breast or thigh fillets , thinly sliced (Note 1 tenderise option)
- 4 cups green cabbage , finely shredded (Note 3)
- 1 1/2 tbsp peanut oil (or other cooking oil)
- 2 cloves garlic , finely chopped
- 200g /6 oz chow mein noodles (Note 2)
- 1 carrot , julienned
- 1 1/2 cups bean sprouts
- 3 green onions , cut into 5cm/2" pieces
- 1/4 cup (65 ml) water

Chow Mein Sauce:

- 2 tsp cornflour / cornstarch
- 1 1/2 tbsp soy sauce , all purpose or light (Note 4)
- 1 1/2 tbsp oyster sauce (sub Hoisin)
- 1 1/2 tbsp Chinese cooking wine OR Mirin (Note 5)
- 2 tsp sugar (reduce to 1 tsp if using Mirin)
- 1/2 tsp sesame oil
- White pepper (sub black)

Instructions

Sauce:

Mix together cornflour and soy sauce, then mix in remaining ingredients.
Alternative: Use 1/3 cup Chinese All Purpose Stir Fry Sauce, if you have some in stock.

Chicken & Noodles

Marinate Chicken: Pour 1 tbsp of Sauce over the chicken, mix to coat, set aside to marinate for 10 minutes.
Noodles: Prepare the noodles according to the packet instructions (my pack says soak in boiled water for 1 minute), then drain.

Cooking:

Heat oil in wok or large fry pan over high heat.
Add garlic and stir fry for 10 seconds or until it starts to turn golden - don't let it burn!
Add chicken and stir fry until the surface gets a tinge of browning but inside is still raw - about 1 minute.
Add the cabbage, carrot, and the white pieces of shallots (i.e. from the base of the stalk). Stir fry for 1 1/2 minutes until the cabbage is mostly wilted.
Add the noodles, Sauce and water*. Stir fry for 1 minute, tossing constantly.
Add bean sprouts and remaining shallots/scallions. Toss through for 30 seconds or until the bean sprouts just start to wilt.
Remove from heat and serve immediately.

Notes
1. Chicken - I prefer making this with thigh because it's juicier, but it can be made with breast or tenderloin. If using breast, option to tenderise using the Chinese method so it's super tender and juicy like you get at Chinese restaurants - see How to tenderise chicken the Chinese way (Velveting)
Can also Velvet Beef.
Other proteins: Sub with sliced pork, beef or turkey, whole prawns/shrimp or even ground meat (still marinate, crumble into chunks and cook like that).
2. Chow Mein noodles are sold at Asian grocery stores and also at Woolworths in Australia (Fantastic noodles brand, fridge section). See in post for photos and description.
3. Cabbage - I use any type of green cabbage, Chinese cabbage or savoy etc. I even use purple cabbage! Once cooked, you can barely tell the difference in flavour / texture.
4. Soy Sauce - This recipe requires ordinary all purpose soy sauce OR light soy sauce. All purpose soy sauces just say "soy sauce" on the label, Light Soy Sauce is labelled as such. I use Kikkoman. Do not use dark or sweet soy sauce. Tamari is a suitable gluten free substitute.
5. Chinese cooking wine - aka Shaosing / Shaoxing wine. Essential for Chinese cooking, it's the key to making home cooking truly taste like restaurants. Now sold at supermarkets in Australia - Asian aisle!
Substitutes: Mirin (reduce the sugar to 1 tsp) or dry sherry. If you really can't use alcohol, use chicken stock/broth in the sauce instead of the Chinese cooking wine AND replace the water with chicken broth.

6. GENERAL TIPS:

Garlic - don't use mincer/garlic press or jarred garlic, they burn too quickly. Finely chop it.
Skillet is fine, just use a big one so the noodles don't go flying when you toss.

7. NUTRITION is for 2 servings which are BIG servings. I actually think this recipe is more like 3 servings - but I say 2 servings just to be safe!
Nutrition
Serving: 428g | Calories: 554cal | Carbohydrates: 46.5g | Protein: 28g | Fat: 31.2g | Saturated Fat: 5.2g | Polyunsaturated Fat: 26g | Cholesterol: 76mg | Sodium: 1089mg | Fiber: 5.4g | Sugar: 9.2g

Another great recipe by recipetineats.com

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