

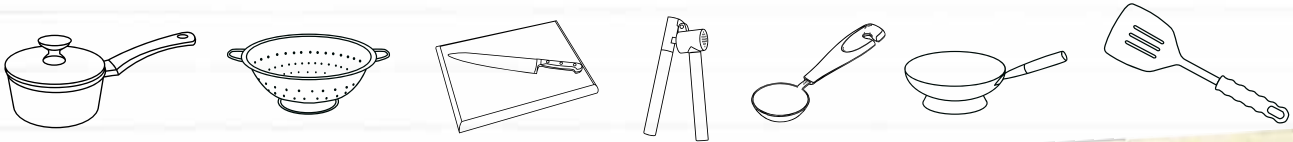
# Chow Mein



## Ingredients

- |                            |                          |
|----------------------------|--------------------------|
| 150g dried noodles         | 4 x broccoli florets     |
| 1 clove garlic             | 1 x 10ml spoon oil       |
| 1 small piece fresh ginger | 50g bean sprouts         |
| 2 spring onions            | 1 x 15ml spoon soy sauce |
| 4 mushrooms                |                          |

## Equipment



## Method

1. Cook the noodles as instructed on the packaging and then drain.
2. Prepare the vegetables:
  - peel and crush the garlic;
  - peel and shred the fresh ginger;
  - chop the spring onions;
  - slice the mushrooms;
  - cut each broccoli floret into 4.
3. Heat the oil in the wok or frying pan.
4. Fry the garlic, ginger and onions for 1 minute.
5. Add the mushrooms and broccoli and cook for 3 minutes.
6. Stir in the bean sprouts and cook for another 2 minutes.
7. Add the cooked noodles and soy sauce.
8. Stir fry everything together for 3 minutes.
9. Serve.

## Top Tips

- Add extra vegetables, such as frozen peas, canned sweetcorn, pak choi, chopped red pepper.
- Stir in cooked tofu, chicken, ham or beef.
- Use ready to wok noodles which do not need to be boiled to save time.

## Skills

- Using the hob
- Using a knife
- Stir-frying
- Measuring

