






More Than Food  
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## Cheeky Chicken Chow Mein with Oyster Sauce and Water Chestnuts

Chicken Chow Mein is a classic dish that has been adopted around the world. Chow Mein simply means 'fried noodles' and the dish can be interpreted according to your taste. The trick with this dish is to reserve half a cup of the salted water in which you cooked the noodles and broccoli. Right at the end you'll add it into the pan to loosen up your noodles and create a delicious sauce. Yum!

 30 mins

 family box

 healthy

 spicy

 lactose free



Broccoli (1)



Garlic Clove (3)



Red Chilli (2 tsp)



Carrot (2)



Spring Onion (3)



Water Chestnuts (1 tin)



Chicken Thigh (5)



Ginger (1½ tbsp)



Soy Sauce (1½ tbsp)



Tomato Passata (½ carton)



Noodles (3 nests)




Oyster Sauce (2 tbsp)



Beansprouts (1 pack)

## Ingredients

	2P	4P
Broccoli, florets	-	1
Garlic Clove, chopped	-	3
Red Chilli, chopped	-	2 tsp
Carrot, chopped	-	2
Spring Onion, chopped	-	3
Water Chestnuts, halved	-	1 tin
Chicken Thigh	-	5
Ginger, chopped	-	1½ tbsp
Soy Sauce <b>1, 2</b>	-	1½ tbsp
Tomato Passata	-	½ carton
Noodles <b>1</b>	-	3 nests
Oyster Sauce <b>2, 3</b>	-	2 tbsp
Beansprouts	-	1 pack

 Our produce comes fresh from the farm so give it a little wash before using

**LH** Step for little hands

## Allergens

**1)** Gluten | **2)** Soya

**3)** Fish

**Nutrition per serving:** Calories: 500 kcal | Protein: 31 g | Carbs: 82 g | Fat: 6 g | Saturated Fat: 2 g



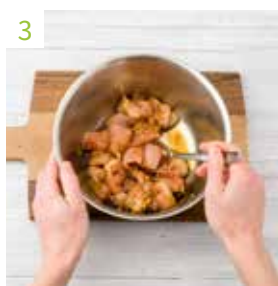
**1** Separate the broccoli florets from the stalk and cut them in half. Peel and finely chop your garlic and finely chop the chilli. Peel and chop your carrots into thin matchsticks and chop up your spring onions. Cut the water chestnuts in half widthways and cut the chicken into bite-sized pieces.

noodles and broccoli back in the pot and cover with cold water.



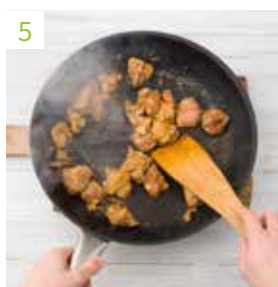
**2** To peel ginger simply hold it in one hand and peel off the skin using the edge of a spoon. Now chop up the ginger really finely. Boil a large pot of water in preparation for your noodles.

**5** Heat 2 tbsp of olive oil (or peanut oil if you have some) in a non-stick frying pan on high heat. When it's very hot add the chicken in two batches and remove from the pan. Add the carrot sticks to the pan and when fried off, return the chicken to the pan.



**3** **LH:** Mix the garlic, soy sauce and ginger in a bowl. Add in 1 tsp of diced red chilli (or more if you like it hot) and the tomato passata. Pour the mixture over the chicken and leave it to marinate for a bit.

**6** Drain and add in the noodles and broccoli, and a dash of the noodle water (to loosen the noodles). Toss in the oyster sauce, spring onions, water chestnuts and half the beansprouts. Toss everything together for a minute to thoroughly coat the ingredients in the sauce.



**4** Boil the noodles and broccoli with ½ tsp of salt for 4 mins. Once they are cooked, drain but reserve half a cup of noodle water. Put the

**7** To serve, simply pile the noodles into bowls and sprinkle a few more beansprouts on top.