

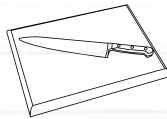
Chow Mein



Ingredients

150g dried noodles	4 x broccoli florets
1 clove garlic	1x10ml spoon oil
1 small piece fresh ginger	50g bean sprouts
2 spring onions	1x15ml 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

