



# DINE WITH DANIEL

## Chicken Chow Mein

### INGREDIENTS

- 200g chicken thigh fillets
- 1 tbsp peanut oil
- 200g chow mein noodles
- 3-4 cups of green cabbage
- 1 carrot (julienned)
- 1 tablespoon corn flour
- 1 cup bean sprouts
- 3 shallots, diced
- 2 cloves of garlic, diced
- Cup water
- 1 cup beef stock
- ¼ Cup of chow mein sauce
- 1 tbsp Chinese cooking wine
- 2 tbsp sugar
- Tbsp sesame oil

### Chow Mein Sauce

- 2 tbsp corn flour
- 1½tbsp soy sauce
- 1 tbsp oyster sauce

- 0:10 prep • 15m cook
- Makes 2 • Capable cooks



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### METHOD

#### Step 1

To prepare the chow mein sauce, mix the corn starch and soy sauce together, then add remaining ingredients.

Pour 1 tbsp of chow mein sauce over chicken and marinate for 10 minutes.

#### Step 2

Prepare the noodles according to packet instructions.

Add oil to large fry pan over high heat. Add garlic and fry for 10-20 seconds until it starts to turn golden brown.

Add chicken and fry for 1 minute (until the skin is sealed but is still raw inside).

#### Step 3

Add the finely shredded cabbage, carrot, and the base of the shallot to the pan and stir-fry until the cabbage begins to wilt and chicken is cooked through.

Add the remaining chow mein sauce to the pan with cup of water and noodles. Stir-fry for one minute, allowing the noodles to be coated in the sauce.

#### Step 4

Add bean sprouts and remaining shallots, quickly cook through for one minute then take the pan off the heat and serve immediately.

SPECIALS END 28TH JUNE

## SPECIALS

WHILE STOCKS LAST



\$11<sup>99</sup>  
per kg

Lamb Shanks



\$8<sup>00</sup>  
per pack

Economy Bacon 1kg



\$12<sup>99</sup>  
per kg

Pork Cutlets



\$7<sup>49</sup>  
per kg

Chicken Breast Fillet



99c  
per bag

Carrots



\$1<sup>99</sup>  
per bag

Peckham Pears



\$1<sup>50</sup>  
370g

SS Sea Salt (coarse)



\$3<sup>99</sup>  
each

Whole Chickens Size 9