

Chicken Chow Mein

Ingredients

12 oz Chicken Thighs (thinly	sliced)
8 c Napa Cabbage (chopped)	5 T Vegetable Oil
4 clv Garlic (chopped)	12 oz Chinese Noodles (fresh)
2 Carrots (julienned)	3 c Bean Sprouts
6 Green Onions (cut into 2-inch	pieces)
1/2 c Water	4 t Cornstarch
3 T Soy Sauce	3 T Oyster Sauce
3 T Rice Wine	4 t Sugar
1 t Sesame Oil	1/4 t White Pepper

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Instructions

1. In a bowl mix together cornstarch and soy sauce, then mix in oyster sauce, rice wine, sugar, sesame oil, and white pepper. Set aside.
2. Pour 2 tablespoons of sauce over the chicken, mix to coat, set aside to marinate for at least 10 minutes or overnight.
3. Prepare the noodles according to the packet instructions drain and rinse with cold water.
4. Add 1 tablespoon of oil and heat up a large cast iron pan. Add half the noodles in a single thin layer and then cook until crispy. Flip to the other side and cook until crispy. Transfer to a bowl then repeat with the second half of the noodles.
5. In a large wok heat 3 tablespoons oil on over high heat. Add garlic and stir fry for 10 seconds or until it starts to turn golden. Add chicken and stir fry until the surface gets a tinge of browning but inside is still raw – about 1 minute.
6. Add the cabbage, carrot, and the white pieces of green onions. Stir fry for 1 1/2 minutes until the cabbage is mostly wilted.
7. Add the noodles, sauce and water. Stir fry for 1 minute, tossing constantly. Add bean sprouts and remaining green onion tops. Toss through for 30 seconds or until the

Chicken Chow Mein

bean sprouts just start to wilt. Remove from heat and serve immediately.