



Chicken chow mein

Serves 2
Prep 5 minutes
Cooking 10 minutes

Ingredients

2 large/4 small chicken thighs
2 sheets of dry noodles
Pinch chilli powder
1 garlic clove
½ red onion
1 bag stir fry noodles
1 egg
Sesame oil
Soy sauce
Vegetable oil

Method

1. Gently fry the chicken on both sides in the oil until cooked. Cook the noodles in boiling water.
2. Remove the chicken from the pan. Add a splash of oil if needed and add the onion, garlic and chilli powder. Fry for two minutes. Add the vegetables and stir fry
3. Add the drained noodles, slice the chicken and add to the pan.
4. Push the food to one side and add the egg. Scramble it with a wooden spoon and mix it into the rest of the ingredients.
5. Add a splash of sesame seed oil and soy sauce.

