

**Learning Intentions** - to appreciate fresh cooking

- to make a nutritional meal for one.

## Chicken Chow Mein

### Ingredients

50g noodles                      2.5ml cornflour - cup  
75g chicken -red board 15ml soy sauce - cup  
1.25ml garlic puree            30ml water  
1.25ml ground ginger        15ml oil - wok  
 $\frac{1}{2}$  small carrot  
50g broccoli  
1 spring onion

### Equipment

red board                      chef knife  
small bowl                    teaspoon  
large pan                      cup  
pot stand                      wok  
plate                            spatula

### Method

1. Half fill large pan and bring to boil. Collect equipment and ingredients.
2. Wash, peel and thinly slice carrot. Trim and thinly slice spring onion.
3. When water boils add noodles, bring back to the boil for 4 minutes. Switch off and leave for 1 minute before draining.
4. Wash, peel and dice broccoli.
5. Cut chicken into small dice on red board. Transfer to plate and wash up board and knife.
6. Heat the oil in the wok and stir fry chicken, ginger and garlic for 3 minutes.
7. Add the vegetables and continue to cook for another 2 minutes.
8. Blend cornflour with soy sauce (teaspoon) and add water.
9. Add the blended cornflour mixture to wok stirring all the time until it boils.
10. Place wok on pot stand and mix in drained noodles. Serve.

<b>Storage</b>	<b>Refrigerate once cool. Store for 24 hours</b>
<b>Reheat</b>	<b>Microwave for 2-3 minutes until piping hot throughout.</b>