



Chow Mein

I could singlehandedly devour this whole dish, geen skaam. You can use chicken or your favourite protein – think beef, pork, prawns, tofu, more veggies or eggs. Whatever you use, I'm sure you'll love it as much as I do.

SERVES 4

400 g chicken breast fillets,
thinly sliced
500 g dried egg noodles
3 Tbsp olive oil, or any neutral oil
1 large white onion, sliced
2 medium green bell peppers, sliced
3 large spring onions, sliced
(see Note below)
1 Tbsp white sesame seeds, toasted

MARINADE

2 Tbsp minced garlic
1 Tbsp minced ginger
1 Tbsp olive oil, or any neutral oil
¼ cup low-sodium soy sauce
2 Tbsp dark soy sauce
3 Tbsp oyster sauce
3 Tbsp sesame oil
1 Tbsp rice wine vinegar
1 tsp light brown sugar
1 Tbsp water
½ tsp salt
½ tsp baking powder
1 Tbsp cornflour

1. Combine all the ingredients for the marinade in a bowl and mix well. Add the chicken, stir to coat well and then leave to marinate while you prepare the other ingredients.
2. Cook the egg noodles according to the packet instructions. Drain and set aside.
3. Bring a saucepan or wok to a medium-high heat, add the marinated chicken and any marinade left in the bowl, and flash fry until just cooked and lightly caramelised. Remove the chicken and set aside.
4. Add the olive oil, onion, green peppers and the white parts of the spring onions to the same pan and sauté over medium-high heat for 3–5 minutes. You want the vegetables to be lightly charred but still have a bite.
5. Return the chicken to the pan along with the toasted sesame seeds. Add the egg noodles, mix well and remove from the heat. Allow to rest for 5 minutes before serving, garnished with the sliced green parts of the spring onions.

NOTE:

When preparing the spring onions, remove and discard the root, then slice lengthways and section into 10-cm pieces, separating the white parts from the greener parts.