



ROYAL
VOLUNTARY
SERVICE

SPICED CHICKEN

chow mein

Join Chinese cookery guru **Ching He Huang MBE** as she demonstrates how to cook an authentic, quick and easy **Spiced Chicken Chow Mein**. Why not cook up a feast and celebrate the Year of the Oxen. Serves 2-4 people as a main or 4 to share with other dishes.

PREP TIME: 5 MINS

COOKING TIME: 7 MINS

WHAT YOU'LL NEED TO TAKE PART:

INGREDIENTS

- 4-5 (350g) organic chicken thighs, de-skinned, de-boned, sliced into strips
- 1 clove of garlic, grated
- 1 inch fresh root ginger, grated
- 2 tablespoons low sodium light soy sauce
- 1 tablespoon dark soy sauce
- 1 teaspoon Chinese five spice powder
- 1 tablespoon Sriracha chilli sauce
- 1 tablespoon cornflour
- 2 tablespoon groundnut oil
- 250g mixed pre-washed stir-fry vegetable mix (cabbage, broccoli, carrot, red pepper)
- 400g cooked egg noodles
- 2 tablespoon Shaoxing rice wine or dry sherry
- 2 tablespoons low sodium light soy sauce
- 1 spring onion, finely sliced

EQUIPMENT:

Wok

Chopping board

Sharp Knife

RECIPE

1. Prepare the chicken by slicing it into even sized strips. Place the chicken in a bowl and add the garlic, ginger, low sodium light soy, dark soy, Chinese five-spice powder, Sriracha, cornflour and mix well.
2. Heat a wok over high heat and add the groundnut oil. Add the chicken to the wok and let it settle for about 30 seconds allowing it to colour and brown before you start stirring. Then cook the chicken stirring for 3-4 minutes. As the chicken starts to brown add in the Shaoxing rice wine.
3. Add the vegetables to the wok and cook stirring for about one minute.
4. Add the cooked egg noodles and toss and cook stirring for two minutes. Add a final seasoning of low sodium light soy sauce. Toss well and then spoon onto a large family style serving plate. Finally, garnish with freshly sliced spring onions and serve immediately.

OUR THANKS TO CHING HE HUANG

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