

Stirfry Chow Mein with Sweet and Sour sauce

This recipe will serve 2 people and is a complete main meal. It uses classic flavours found in Chinese cooking, such as spring onions, garlic, soy sauce and Five Spice. Five Spice contains cinnamon, cloves, toasted fennel seed, star anise and toasted peppercorns.

HOMEWORK.

- 1. Work out how much the ingredients cost.**
- 2. Remember to bring 1 large container and 1 small container!**

Ingredients for the chow mein

150g medium egg noodles
Pork, lamb, beef or tofu for stir fry (a small pack)
1 or 2 garlic cloves
1 onion or 1 small pack spring onions
1 pepper
Soy sauce
Chinese five spice
1tbsp cooking oil

Choose more veg ingredients to feed more people or improve the flavour, such as ...

Small pack bean sprouts, mangetout peas, small tin sweet corn, 4 tbspn frozen peas or sweetcorn, 1 carrot, mini-corn, French beans, water chestnuts, bamboo shoots, 2 celery sticks, mushrooms, broccoli, asparagus, cauliflower, quarter cabbage.... try to find a good deal at the shops!

OPTIONAL

Fresh ginger
1 fresh chilli

Ingredients for the sweet and sour sauce

Small tin pineapple in juice

1 tbspn sugar
1 tbspn vinegar
3 tbspn tomato ketchup
1 tbspn soy sauce (I can provide this)
You can mix these at home and bring them in your small container

1tbsp corn flour (Roysia can provide this)

METHOD

Cook the noodles

1. Half- fill a big saucepan with cold water and a pinch of salt.
2. Heat to boiling.
3. Get a fork.
4. When boiling, add noodles.
5. Boil for 5 minutes. Stir once or twice with the fork to divide the noodles.
6. Drain water away CAREFULLY in a colander over the sink.
7. Put noodles in your large container.

Prepare the veg

1. You need a large mixing bowl, a knife and a chopping board.
2. Wash all veg. Trim and cut into neat slices. Put into the bowl
3. KEEP BEANSPROUTS SEPARATE.
4. Peel and crush or chop the garlic into small pieces. Add to bowl.
5. OPTIONAL Prepare the ginger and chilli CAREFULLY. Don't touch your face/eyes. Put in bowl. Wash hands and NAILS carefully afterwards.

Stir-fry the protein

1. Rinse the saucepan (you can use a wok or a large frying pan at home).
2. Get a wooden spoon.
3. Open up your meat and sprinkle with 1 tspn Chinese five spice
4. Put 1 tbsp oil in the saucepan and heat until beginning to steam.
5. Add your spiced protein and stir to avoid sticking.
6. When brown, add veg a bit at a time.

Complete the stir-fry

1. Keep the heat up and keep gently turning the meat and veg for 5 minutes.
2. Add 1 tbsp water
3. Add 1 tbsp soy sauce
4. Turn down the heat and cook gently for 5 minutes.
5. Add beansprouts, if you have them.
6. Gently spoon your stirfry over your noodles. Leave to cool and refrigerate.

Sweet and Sour Sauce.

1. Open the pineapple tin
2. Get a small bowl and a tablespoon.
3. Put 2 tspn cold water in bowl and add 1 tspn corn flour.
4. Stir until smooth
5. Rinse your sauce pan.
6. Put the sugar, vinegar and soy in the pan.
7. Stir in the corn flour paste.
8. Warm on a medium heat and STIR all the time as the sauce will thicken from the base of the pan.
9. Turn off heat. Add 3 tspn tomato sauce. Stir.
10. Add pineapple and juice, stir and then put in your small container.

PUT YOUR CONTAINERS IN THE FRIDGE

TO SERVE

You can reheat this dish once. You need to make sure you keep it at maximum heat for at least 3 minutes. Heat the chow mein, stirring half way, to make sure the food is PIPING HOT all the way through. Warm the sauce and serve with the stir fry.

