

Beef & Noodle Chow Mein

✕ My son's new favourite ✕

Ingredients:

- 250-300gram chicken or tofu cut into ¾ inch (or whole raw shrimp)
- ¼ teaspoon salt
- 1-2 tablespoons wok oil – a high temp oil like peanut oil
- 4-5 ounces vermicelli rice noodles (don't use more-see notes)
- ½ an onion, sliced thin
- 1 cup match stick carrots, or 1 carrot shredded
- 1 red capsicum, thinly sliced
- 1-2 cups snow peas (or green beans, baby bok choy or shredded cabbage)
- 4 cloves garlic, minced
- 2 eggs, whisked with a fork
- 1 tablespoon curry powder (yellow curry powder)
- ½ teaspoon turmeric

Singapore Noodle Sauce:

- 1 tablespoon shaoxing wine (chinese cooking wine, mirin, or white wine)
- 1 teaspoon sesame oil
- 1 teaspoon soy sauce (or sub-gluten-free soy sauce like Bragg's)
- 1 teaspoon fish sauce (or sub vegan fish sauce)
- 1 teaspoon sugar or honey or other substitute

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Method:

Make the Singapore Noodle Sauce, stirring the ingredients together in a small bowl. Set by the stove.

Prep the veggies: slice the onion, slice the capsicum and chop the garlic, placing all by the stove, along with the carrots and snow peas.

Heat oil in a wok, over medium heat and add ¼ teaspoon kosher salt directly into the oil. Swirl and add cracked pepper if you like, and when the oil is hot, carefully add the chicken/tofu/prawns. Using a metal spatula, stir, flip and let it get golden, being patient. Place on a paper towel-lined plate.

Whisk the two eggs with a 3 finger pinch of salt in a small bowl. Set by the stove.

Add the onion to the wok and stir 3 minutes, on medium-high heat, until fragrant, then add carrots, capsicum, and snow peas and garlic. Continue stirring for just a couple minutes, until just wilted.

Make a well in the center of the veggies, and add a drop of oil, then pour in the eggs, scrambling them and chopping them up a bit with the metal spatula. Incorporate them into the veggies, then slide the whole veggie egg mixture onto a plate, setting aside.

Place the noodles in the boiling water, turn heat off, and let stand 3-4 minutes before draining (OR read directions on the package, every noodle brand is different) Drain when they are al-dente. Using kitchen scissors, cut the noodles into thirds or fourths (cutting is important!) and fluff them up a bit, pulling them apart with a fork or tongs.

Add 1-2 teaspoons oil to the wok, then add the cooked noodles and stir fry them a bit, over medium heat about 2-3 minutes, letting them soften a bit. Add the whole dried chilies, stirring 1 minute.

Spread the noodles out as best you can in the wok and slide the cooked veggies and seared chicken/ tofu/ shrimp back into the wok and sprinkle with 1 tablespoon curry powder, ½ teaspoon salt and ½ teaspoon turmeric and toss and stir until everything is evenly coated.

Pour the Singapore Noodle Sauce into the noodles. It will smell fishy at first but this will disappear. Toss and cook for about 1-2 minutes, until noodles are almost dry.

Taste, adjust salt and heat. Add chili flakes for more spice. More salt if it tastes

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