

Difficulty:

Easy



Pork chow mein

Time:

60 minutes



Allergens: gluten, soya, shellfish

What is it?

A chow mein is a traditional Chinese dish made with noodles and stir-fried veggies. The dish can be made with different meats, we have chosen pork for this recipe, but you can try your own favourites and see what you like best!

**AVERAGE COST
PER PERSON**

£1.53

What you need:

	<u>For 2 people</u>	<u>3 people</u>	<u>4 people</u>
Diced pork	180g	270g	360g
Garlic clove	1	1	1
Tomato ketchup	3 tbsp	4 tbsp	5 tbsp
Oyster sauce	3 tbsp	4 tbsp	5 tbsp
Soy sauce	3 tbsp	4 tbsp	5 tbsp
Red pepper	1	1	2
Spring onion	2	2	3
Noodles	160g	240g	320g
Beansprouts	70g	110g	150g
Ginger	1 tsp	1 tsp	1 tsp

Kit list:

- Frying pan or wok
- Saucepan
- Chopping board

You will also need some oil

Make it your own!

Pork is quite a cheap meat to use in this recipe, but you could swap it for anything you like; chicken, beef, or even prawns for a seafood twist!

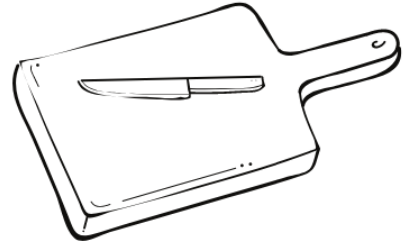
**Celebrate Family
Food**

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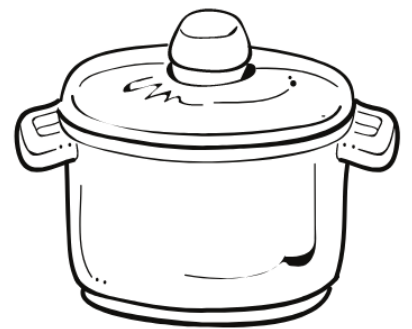
What to do:

Step 1: Crush the garlic with the side of a knife, and mix it with the ketchup, oyster sauce, ginger, soy sauce and 1 tbsp of water. Stir and leave to one side for later.



Step 2: Use a sharp knife to cut the pepper into long strips. Slice the spring onion. Set aside.

Step 3: Boil a large saucepan of water. Add the noodles, then turn off the heat and leave the noodles to simmer for 4 minutes. Drain the water and cover the noodles in cold water, then leave to drain.



Step 4: Heat a wok or a large frying pan with a little oil. Add the diced pork, keeping it moving so that it doesn't burn. Once it has cooked through, add the peppers and stir fry for another minute.

Step 5: Pour in the sauce mix that you made earlier, and stir until it starts to bubble.



Step 6: Add the noodles, beansprouts and spring onions a handful at a time, tossing the mixture to coat everything in the sauce as you go. Keep stirring everything as it cooks. Keep going until the veggies soften to your taste.

Serve: We recommend piling a tasty helping of stir fry into a bowl and challenging yourself to eat it with chopsticks! (But it will be just as tasty with a knife and fork!)



What did you think of this recipe? Colour in the stars to give it a rating!

