

Chow Mein with crisp vegetables, lime and pepper |

Recipe for 4 servings



Description

Stir-fried noodles with vegetables and Asian flavours.

Note

For this recipe, fresh noodles are recommended because of their texture and taste.

Ingredients

Chow Mein

- 300 Gr Asian style noodles
- 100 Gr Onion
- 100 Gr Snow peas
- 100 Gr Carrot
- 100 Gr Sprouted soybeans
- 100 Gr Red pepper
- 100 Gr Button mushrooms
- 1 Tsp Fresh ginger
- 2 Clove(s) Garlic
- 400 Gr Chicken breast

Sauce

- 1 Unit(s) Lime
- 60 Ml Hoisin sauce
- 60 Ml Sweet chili sauce
- 200 Ml Chicken stock

Preparation

- Preparation time **30 mins**

Set up

Dice the chicken.

Cut vegetables into julienne strips.

Chop the ginger and garlic.

Zest and squeeze the lime.

Chow Mein

Heat a large skillet with a drizzle of vegetable oil.

Start by browning the chicken cubes, then add the julienned vegetables and cook for 2 minutes, stirring. Next, add the garlic and ginger and cook for 1 minute.

Next, add the noodles and all the sauce ingredients, bring to a boil, and continue cooking for another 2-3 minutes with the lid on.

Stir and serve immediately!

Bon appétit!