

PREPARATION FOR PRACTICAL

Hygiene – Aprons, Hair, Hands, Surfaces

Ingredients

- 150g medium egg noodles
- ½ tsp toasted sesame oil
- 1 chicken breast fillet, sliced into strips
- 2 tbsp light soy sauce
- 1 tsp five-spice powder
- 1 tsp chilli sauce (optional)
- 1 tbsp cornflour
- 1 tbsp oil
- 50g bean sprouts
- 4 broccoli florets
- 4 mushrooms
- 2 spring onions, sliced lengthways
- Freshly ground black pepper

Equipment

Paring knife, Red Chopping board
Brown Chopping board, Scrap
bowl, medium bowl, Frying pan or
wok, Plate, Tablespoon, Teaspoon,
Fish slice/ slotted spatula,
Colander, saucepan and lid.



Chicken Chow Mein



Ingredients

- 150g medium egg noodles
- ½ tsp toasted sesame oil
- 1 chicken breast fillet, sliced into strips
- 2 tbsp light soy sauce
- 1 tsp five-spice powder
- 1 tsp chilli sauce (optional)
- 1 tbsp cornflour
- 1 tbsp oil
- 50g bean sprouts
- 4 broccoli florets
- 4 mushrooms
- 2 spring onions, sliced lengthways
- Freshly ground black pepper

Method

1. Cook the noodles in a pan of boiling water for 2–3 minutes, until al dente, or according to packet instructions. Drain and rinse under cold running water in a colander.
2. Drizzle with a dash of sesame oil and toss through to prevent the noodles from sticking to each other.
3. Put the chicken strips in a bowl and season with a dash of light soy sauce, the five-spice powder and chilli sauce, if using. Mix well, then lightly dust the chicken strips with the cornflour.
4. Add oil and chicken to the wok, turn on heat and stir fry for 3–4 minutes, or until the chicken is golden-brown and cooked through.
5. Add the broccoli florets and mushrooms stir fry for 1 minute, then add the bean sprouts and spring onion and stir fry for 30 seconds.
6. Stir in the cooked noodles and season with the soy sauce, a dash of sesame oil and freshly ground black pepper.