

# Chinese Vegetable Chow Mein



- Serves: 4-5
- Prep time: 15 mins
- Cooking time: 5 mins

- Total time: 20 mins
- Skill level: Easy peasy
- Costs: Mid-price

## Ingredients

- 2tbsp groundnut or vegetable oil
- Garlic
- Ginger
- 125 g packet oyster mushrooms, sliced
- 1 red pepper, deseeded and sliced
- 125 g packet broccoli, cut into pieces

- 1 carrot, peeled and sliced
- 1 tbsp soy sauce
- 1 tbsp rice vinegar
- 1-2 tbsp oyster sauce
- 300 g ready-to-use medium egg noodles
- 1 lime, to serve

## Method

1. Heat the oil in a wok or large frying pan. Add the veg and cook for 2-3 mins. Pour in the soy sauce, vinegar and oyster sauce. Add the noodles to the pan and heat through.
2. Serve immediately with some lime squeezed over the top.

Dad says:

1. Prepare veggies in sticks
2. Heat ginger in oil, add garlic
3. Add mushrooms and cook on low heat to release water
4. Raise temperature, cook
5. Add pepper & carrot and heat
6. Add broccoli and heat
7. Add sauce and mix
8. Serve over cooked noodles