



?Chow mein, in English, means fried noodles, whereas lo mein translates to stirred or tossed noodles. So essentially, it's the way the noodles are prepared that makes them different, as the noodles in both dishes are made from wheat flour and eggs, which is similar to the ingredients of Italian pasta.? - Well that works for us as we used Gluten free Spaghetti!!!!

Also Chicken Breasts are 69p for 2 at Home Bargains at the moment?..

Marinade Ingredients:-

- 2 Chicken Breasts, cut into strips
- 2 Tsp of Soy Sauce (Gluten free for us)
- 2 Tsp Shaoxing Wine
- 1 Tsp of Sesame Oil
- ½ Tsp of Ground White Pepper
- ½ Tsp of Salt

Noodle Ingredients:-

- Noodles or in our case Gluten free Spaghetti
- 1 Tbsp of Sesame Oil

Sauce Ingredients:-

- 2 Cloves of Garlic, minced
- 50g of Mangetout, finely sliced
- 4 Tsp of Soy Sauce (Gluten free here)

1 Tbsp Shaoxing Wine
½ Tsp of White Pepper
1 Tsp Castor Sugar
2 Spring Onions, finely sliced
½ a Red Pepper, finely sliced
A handful of Bean Sprouts
1 Tsp of Chinese Five Spice
Oil to Fry
Salt & Pepper to season

Method:-

- (1) Combine the Chicken with the marinade and leave for a least 20 minutes.
- (2) Heat a Wok or large frying pan and add the Oil.
- (3) Cook the Chicken for 2 minutes over a high heat and then transfer to a plate.
- (4) Add a little more Oil then add the Shallots, Garlic, Mangetout and Peppers.
- (5) Boil the Noodles (Gluten free Spaghetti!!!! - If you're that way inclined!) until al détente, rinse in cold water and add the Sesame Oil. Set aside.
- (6) To the Wok / frying pan add the Soy Sauce, Shaoxing Wine, Pepper and Sugar.
- (7) Return the Chicken to the Wog / frying pan and stir everything together.
- (8) Add the Spring Onions and Bean Sprouts.
- (9) Simmer until everything is heated through.
- (10) Stir in the Noodles (Spaghetti) and add a drizzle of Sesame Oil so the Noodles don?t stick together.

This dish doesn?t need anything else, no garnish, no sides. It?s a bit of a ?Ronseal? gig.

Enjoy?..