

**GF Friendly**

**Chicken Chow Mein**

**A tasty Chinese-style one-pan meal**

This is something like Recipe 15 Hi-Fi Ming, but using chicken instead of beef mince. Vegetarians can leave out the meat altogether. The vegetables are a matter of choice; however, if including squash, pumpkin or similar, these should be put in the pan later in the cooking process to avoid them becoming mushy. The spices can also be varied, but beware of making it too hot – Chow Mein is a relatively light-tasting dish.

- 300g cooked chicken-breast fillet
- ½ an onion, coarsely chopped
- 1/3 cup chopped capsicum
- 1 carrot, thinly sliced
- 1 cup frozen green beans
- 2 sticks of celery, sliced
- 2 cups of shredded cabbage
- ½ can (113g) bamboo shoots
- 1 Tbsp chicken stock powder
- 1 crumbled chicken stock cube
- 1 tsp turmeric
- ½ tsp powdered ginger



- 1 tsp powdered garlic
- ½ tsp garam masala
- 2 tsp light Soy sauce
- 1 litre water

Remove any fat from the chicken, then cut into 1.5 cm (5/8 inch) cubes.

The vegetables can be prepared earlier and left in a bowl covered with cold water; then drained before cooking.

This is one of my wife’s dishes, and when I asked her about the cooking method she said simply: “Just wop it in the pan.” What she actually did was cook the chicken with the spices and stock in a little water first; then “wopped” the rest in.

Bring to the boil and turn down to simmer for approximately one hour, or until the vegies have softened to your liking.

Serves 2-4 depending how hungry you are I wouldn’t recommend freezing

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