

# Speedy Chicken Chow Mein

## The finer details\*

### Nutritional values per serving:

Calories: 328.75kcal

Carbs: 34.5g

Fat: 9.5g

Protein: 26.25g

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## Ingredients



- 2 chicken breasts
  - 1 onion
  - 1 pepper
  - 250g noodles
- 3 tbsp tomato purée
- 2 tbsp soy sauce
- 2 tbsp oyster sauce
  - 2 garlic cloves
- 1 piece of ginger (thumbsize)
  - 2 tbsp water
  - 2 tbsp oil

## Method

1. Prepare the ingredients by slicing the chicken, onion, and pepper. Crush the garlic and grate the ginger.
2. Cook the noodles in boiling water for 2-3 minutes or follow the instructions on the package.
3. In a bowl, mix together the tomato purée, soy sauce, oyster sauce, garlic, ginger, and water to make the sauce.
4. Heat oil in a pan over medium-high heat. Add the chicken and stir-fry for 3-4 minutes until golden-brown and cooked through. Set aside.
5. Stir-fry the onion and pepper in the same pan.
6. Return the chicken to the pan with the vegetables.
7. Pour the sauce over the chicken and vegetables. Heat and stir until well combined.
8. Drain the cooked noodles and add them to the pan. Stir to coat the noodles with the sauce.
9. Divide the noodles and chicken mixture onto 4 plates. Serve immediately with a side of prawn crackers.

### Easy swaps:

Chicken breasts for thigh.

Chicken for beef or pork strips.

Noodles for beansprouts or a mix of both.

Oyster sauce for hoisin or teriyaki.

Red onion for white.

Onion for spring onion.

Pepper for broccoli, mushrooms or any veg you like.

\*This recipe was generated by artificial intelligence and as such, you should take more care when preparing this recipe than normal. We do not guarantee or take liability for the accuracy of its ingredients, instructions, or nutritional information. Please use common sense when cooking this recipe.