

Chef's Hub

Chicken Chow Mein

METHOD:

1. Brown chicken mince in a small amount of oil over a medium heat.
2. Finely cut all the onion, ginger, carrots, celery and zucchini and add to the chicken mince. (At Habitat, I just put all of the veg in a food processor and pulse it until it is finely chopped. This saves me a lot of time!)
3. Sauté until the onions are cooked, then add the hoi sin sauce and stir well.
4. Add water and bring to the boil.
5. Finely slice the red cabbage or blend in a food processor until just chopped.
6. Add frozen peas, corn and capsicum as well as the red cabbage to the pot. Check for seasoning and taste. You may like to add a bit more hoi sin sauce or some salt and pepper. I cook very much by taste! If it tastes good to me then it should taste good to everyone!!
7. Serve with rice.

CHEF STEVEN NOTES:

Notes:

When I add the celery and the carrots, I add all of the celery including the leaves and I do not peel the carrots. The carrot skin adds extra fibre and the celery leaves contribute to the colour of the dish.

Please do not feel that you have to use exactly the same vegetables as I have. You can use whatever you have in the fridge. I chop them all finely to stop the children from picking out the ones that they do not like. Only the ginger, onion and hoi sin sauce are really essential to the taste.

- 500g chicken mince
- 1 small onion, peeled
- 2 medium carrots
- 1 medium zucchini
- 2 sticks celery
- ¼ of a small red cabbage
- 200g frozen peas/corn/capsicum
- ½ cup hoi sin sauce.
- 20g fresh ginger root.
- 150ml chicken stock (or water).