



Mushroom chow mein

Serves 4

- 350g fresh chow mein noodles
- 1 tbs peanut oil
- 2 eggs, lightly beaten
- 400g cup mushrooms, sliced
- 2 garlic cloves, crushed
- 4 green onions, thinly sliced
- 1/4 cup chicken stock
- 2 tbs soy sauce
- 2 tbs oyster sauce
- 1/2 small Chinese cabbage (wombok), shredded
- 1 cup bean sprouts, trimmed

1. Cook the noodles following packet directions. Drain. Heat a wok over medium heat. Add 1 tsp oil and swirl to coat. Add egg and swirl to form a thin omelette. Cook for 30 seconds or until almost set. Slide omelette onto a chopping board. Roll up and thinly slice crossways.
2. Heat remaining oil in the wok over high heat. Add mushrooms, garlic and green onions. Stir-fry for 3 minutes until mushrooms are tender.
3. Combine stock, soy sauce and oyster sauce and add to the wok. Bring to the boil. Add noodles and cabbage. Stir-fry for 1 minute. Add bean sprouts and omelette. Toss to combine. Serve.

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