**Chicken Chow Mein**

**Steamed Rice**

**Ingredients**

**Chow Mein Steamed Rice**

1 piece chicken 250 ml water

15 ml oil 1 ml salt

1/4 onion 125 ml rice

2 mushroom (long grain or basmati)

1/2 carrot

1/2 celery stalk

1/4-1/3 broccoli bunch

25 ml bamboo shoots

1 leaf bok choy (or sui choy)

1 clove garlic, minced

15 ml cornstarch

15 ml soy sauce

15 ml chicken broth powder

250 ml water

500 ml Chinese egg noodles

**Method**

1. Cut **chicken** into strips---not too wide but not too narrow---using its own cutting board.

Bleach cutting board / knife.

1. Wash and peel **vegetables** and cut as required:
* cut onions into strips
* cut mushrooms in ‘T’ shapes
* peel broccoli stalks and cut into pieces (small florets and stalk pieces)
* cut carrots and celery on the diagonal
* slice bamboo shoots in half lengthwise
* chop bok/sui choy into slices
1. **Rice** – in a heavy saucepan, add water, salt, and rice and bring to a boil. Do not stir. Once boiled, reduce heat to low and simmer for 15 min.
2. Combine **cornstarch** and **soy sauce** in custard cup.
3. Mix **chicken broth powder** and **water** and microwave for 1 min.
4. Add **oil** to fry pan and turn to medium/high. Fry minced **garlic** briefly and then add **onions** and **mushrooms** to fry pan for 2-3 minutes. Set aside in bowl/dish.
5. Cook **chicken** in fry pan until it changes from pink to white in colour. Cut through a strip to check for doneness. Set aside with onions and mushrooms.
6. Cook **chicken broth mix**, **carrots**, **broccoli**, and **noodles** for a couple of minutes with lid covered to steam.
7. Add the rest of the **vegetables** and **chicken** and mix thoroughly.
8. Tilt fry pan and add the **soy sauce/cornstarch** **mix** to **chicken broth mix** and stir rapidly, allowing to thicken *slightly*.
9. Serve with **sesame seeds** and **soy sauce** as condiments and garnish.
10. Soak rice pot in cold water.