

Jamie's Chicken Chow Mein

serves 4-5

a thumb-sized piece of fresh root ginger
4 cloves of garlic
1/2 to 1 t. red pepper flakes
2 large skinless chicken breast fillet (I used four med/small and we had a lot of chicken)
salt and freshly ground black pepper
5 scallions
a small bunch of fresh cilantro
1 to 2 heads bok choy, depending on how much you like it
Optional: 4 shiitake mushrooms
10 oz. chow mein noodles
peanut or vegetable oil
1 T. cornstarch
8-ounce can of water chestnuts
4-5 tablespoons soy sauce
1 small lime

To prepare your stir-fry

Put a large pan of water on to boil. Peel and finely slice the ginger and garlic. Place your red pepper flakes with the ginger and garlic. Slice the chicken into finger-sized strips and lightly season with salt and pepper. Cut the ends of your scallions and finely slice. Halve the bok choy lengthwise and cut crosswise into large strips. If using the mushrooms, either tear into pieces or leave whole.

To cook your stir-fry

Preheat a wok or a large frying pan on a high heat and once it's very, very hot, add a good lug of peanut oil and swirl it around. Stir in the chicken strips and cook for a couple of minutes, until the chicken browns slightly. Add the ginger, chile, cilantro stalks, mushrooms (if using) and half the scallions. Stir-fry for 30 seconds, keeping everything moving around the wok quickly. Add your noodles and bok choy to the boiling water and cook for 2 to 3 minutes, no longer. Meanwhile add the cornstarch, water chestnuts, and their water to the wok and give it another good shake to make sure nothing sticks to the bottom. Remove from heat and stir in soy sauce (*start with half and taste to see if you need more*). Halve the lime, squeeze the juice of one half into the pan and mix well. Drain the noodles and bok choy in a colander over a bowl, reserving a little of the cooking water. Stir in the noodles and bok choy, with a little of the cooking water to loosen, if necessary, and mix well. Have a taste and season with more soy sauce if needed.

To serve your stir-fry

Use tongs to divide everything between two bowls or plates, or lift onto one large serving platter. Spoon any juices over the top and sprinkle with the rest of the scallions and the cilantro leaves. Serve with lime wedges.

Recipe modified from [Jamie Oliver's website](#)

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