

# Chow Mein

Yield: 4 min  
Total Time: 35 min

Recipe from: <https://www.recipeschoose.com/recipes/vegetarian-chow-mein-recipe-indian>

## Ingredients:

- 3 tablespoons olive oil
- 1 1/8 pounds beef mince
- 2 pinches Chinese five-spice
- 2 pinches chilli powder optional
- 1 brown onion large, sliced Chinese-style, thinly sliced from root to top
- 4 garlic cloves finely chopped
- 1 9/16 cups ginger about 15cm long piece of, peeled and grated
- 3 green chillies long, thinly sliced
- 1/3 cabbage wombok, thinly sliced
- 1 cup hot water
- 1/2 cup oyster sauce
- 4 tablespoons tamari sauce or light soy sauce
- 3 teaspoons sesame oil
- 1 1/8 cups frozen peas
- 1 handful green beans thinly sliced
- 5 spring onions sliced on an angle
- 5 5/8 ounces vermicelli reconstituted in boiling water for 10 minutes, chopped into 5cm lengths with scissors
- 3 1/2 ounces bean sprouts
- rice bran oil or Sunflower, for deep-frying, it needs to be about 6cm deep
- 1 3/4 ounces vermicelli noodles uncooked, to garnish, optional

## Nutrition:

1. Calories: 740 calories
2. Carbohydrate: 70 grams
3. Cholesterol: 95 milligrams
4. Fat: 34 grams
5. Fiber: 9 grams
6. Protein: 38 grams

7. SaturatedFat: 10 grams
  8. Sodium: 2210 milligrams
  9. Sugar: 8 grams
  10. TransFat: 1.5 grams
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