


Garlic Noodles with minced chicken & mushrooms

Sunday, July 18, 2022 10:29 PM

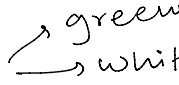
Ingredients: (Portion for 2)

- 2 chicken thighs - minced (use mixer)
- 8oz Mushrooms (1 pack) Sliced. 
- Sesame oil
- Egg noodles (How much ever you want, about as much as you'd add to 2 servings of pasta)

→ 4 large garlic cloves. (diced to tiny pieces)

→ Spring onions. (Sliced thin ^{or}).

Steps:

→ Divided into  greens
whites

→ Heat a wok on high.

→ Add a **neutral** (eg. Canola, vegetable) oil.

→ Saute mushrooms.

→ Don't touch too much.

→ You want them to stay juicy

→ & get some nice browning

→ Use a metric ton of blackpepper.

→ Salt to taste.

→ Saute minced chicken.

→ Take mushrooms out.

→ Put minced chicken in.

→ Break into tiny pieces & add a bit of **neutral** oil.

→ Will release a lot of water & oil.

Pool to one side & evaporate the water.

(That way chicken fries & not steams/boils)

→ Optional. Add dark soy sauce to give color.

→ Salt to taste.

→ Make garlic oil:

→ Put a 50/50 mix of sesame oil + neutral oil. (about 3 tbsp total).

★ A lot of my recipes are eyeballed. Don't take any measurements as gospel. They're usually pretty versatile. Go wild.

I eyeball this stuff

→ Put a 50/50 mix of ~~seasoning oil~~
+ neutral oil (about 3 tbsp)
total.

→ Add garlic & spring onion whites

→ fry on low/low-medium heat.

→ Once fried remove solids (garlic)
with a sieve.

→ we want the oil.

→ Cook the ^(egg noodles) pasta in salty water acc.
to instructions. to ~~al dente~~ ^{al dente}.

→ Add garlic oil + egg noodles (pasta)
to 1 pot. & mix together.

→ Add chicken/mushroom back.

→ Add scallion greens

→ Add vinegar to balance out fatty flavor

→ Add salt/pepper/soy sauce to taste.

→ optional add fried garlic / Chilli crisps as seasoning

→ Enjoy

