

PERFECT CHOW MEIN EVERY TIME- Easy Stir Fried Noodles Recipe (豉油皇炒面)

Prep Time
20 mins



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Course: Breakfast Cuisine: Chinese Servings: 1 person
Cost: 5 USD

Ingredients

- 150 grams (5.3 oz) of fresh egg noodles or 100 grams (3.5 oz) of dry egg noodles
- 40 grams 1.4 oz of bean sprouts
- 40 grams 1.4 oz of carrot
- 1/4 of a medium size onion about 40 grams / 1.4 oz
- 40 grams 1.4 oz of garlic chives
- 1 clove of garlic
- A drizzle of olive oil to add to the water
- 1 liter of water to pre-cook the noodles
- 1-2 tbsp of oil to stir fry
- 1 tbsp of light soy sauce
- 1 tsp of oyster sauce
- 1 tsp of dark soy sauce
- 1/4 tsp of sugar

Instructions

1. Bring 1 liter of water to a boil. Add a drizzle of olive oil, then toss in 100 grams of dry egg noodles (or 150 grams of fresh egg noodles).
2. Turn off the heat immediately, let the noodles soak in the hot water. Gently loosen up all the noodles with a pair of chopsticks. Dry egg noodles will take about 3-5 minutes; fresh egg noodles will need 2-3 minutes depending on the thickness.
3. Take out the noodles and spread them on a rack for at least 10 minutes. The rest of the heat will help to evaporate the excess moisture.
4. Cut the noodles into 6 inches long pieces with a pair of scissors.
5. Julienne some vegetables. I used 40 grams (1.41 oz) of bean sprouts, 40 grams (1.41 oz) of carrot, 40 grams (1.41 oz) of garlic chives, 1/4 of an onion, and 1 clove of garlic.

6. In a sauce bowl, mix 1 tbsp of soy sauce, 1 tsp of dark soy sauce, 1 tsp of oyster sauce and 1/4 tsp of sugar.
7. Turn the heat to high. Heat your wok until smoking hot. Add 2 tbsp of oil. Swirl the oil around to cover the bottom to create a non-stick layer. Add in the noodles. Use two pairs of chopsticks to fluff the noodles for a couple of minutes.
8. Add the vegetables. Pour in the sauce in batches. Stir to combine all the flavor. Turn off the heat and serve the noodles on the plate.