

Crispy Chow Mein - Pan-fried Noodles (两面黄)

Ingredients

For the Noodles

- 340 grams 12 oz of fresh egg noodles or 200 grams of dried egg noodles
- 1/2 tsp of sugar
- 1/2 tbsp of soy sauce
- 1/2 tbsp of oyster sauce
- One drizzle of olive oil to coat the noodles
- 2-3 tbsp of olive oil to pan-fried the noodles

For the Proteins

- 140 grams 5 oz of shrimp
- 140 grams 5 oz of scallop
- 1/3 tsp of salt
- 1/3 tsp of paprika
- 2 tsp of Chinese cooking wine
- 1 drizzle of olive oil for the marinade
- Black pepper to taste
- 1/2 tbsp of olive oil to saute the seafood

For the Vegetables Stir Fry

- 1 tsp of olive oil
- 113 grams 4 oz of carrot, sliced
- 113 grams 4 oz of celery, sliced
- 98 grams 3.5 oz of mushroom, sliced
- 98 grams 3.5 oz of snow pea
- 3 cloves of garlic sliced thinly
- 1/2 inch of ginger sliced thinly
- 1 tbsp of oyster sauce
- 1 tbsp of soy sauce
- 2 cups of water
- 2.5 tbsp of water + 2.5 tbsp of cornstarch
- Salt to taste

Instructions



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1. Bring 3 liters of water to a boil and add the fresh egg noodles in. Stir for 20-40 seconds depends on the thickness.
2. Drain the noodles and rinse with cold water to stop the cooking process.
3. If you are using the dried form, it will take much longer. If you are using halfway cooked noodles, you can skip this pre-cook step.
4. Season it with 1/2 tsp of sugar, 1/2 tbsp of soy sauce, 1/2 tbsp of oyster sauce, 1 drizzle of olive oil. Mix it well.
5. This recipe is enough for 2-3 people, so you can divide the noodles into however many portions you decide to serve. It is best to pan-fry the noodles in batches.
6. Pad 140 grams of shrimp and 140 grams of sea scallop with paper towels. Season the seafood with 1/3 tsp of salt, 1/3 tsp of paprika, 2 tsp of Chinese cooking wine, one drizzle of olive oil, and some black pepper to taste. Mix it well and set it aside for 10 minutes.
7. Heat the wok until it is smoking hot, add 2-3 tbsp of oil and toss the oil around to cover the bottom
8. Switch the heat to medium and add the noodles. Don't stir them immediately. Let one side to fry for a minute or 2. At the same time, use chopsticks to fluff the noodles. Flip to cook the other. Keep doing that until both sides are golden brown. Set the noodles aside.
9. Turn the heat back on high. Add 1/2 tbsp of oil to the wok and toss in the seafood. Cook each side for 20 seconds. Take out the seafood and set it aside.
10. Add another tsp of oil. Cook the ginger and garlic until fragrance. Throw in all the vegetables. Cook them for a couple of minutes or until they are a bit soft.
11. Season with 1 tbsp of soy sauce and 1 tbsp of oyster sauce. Pour in 2 cups of water. Bring this to a boil. Introduce the seafood back to the wok. Turn the heat to low and add in some cornstarch water in batches to thicken the soup. Give it a taste to adjust the flavor.
12. Serve this soupy stir fry on top of the crispy noodles. Enjoy!