

Gung Hay Fat Choy!
Wishing you a Happy, Healthy and Prosperous Year of the Rabbit
on behalf of the Comox Valley Farmers' Market and Lok Yee Bakery



This year, the Lunar New Year falls on January 22. Food is a significant part of the New Year celebrations and in Chinese culture, it is tradition to celebrate with a large family reunion dinner on New Year's Eve. 'Lucky' dishes that are usually served include steamed whole fish, dumplings and longevity noodles. Join in the festivities by cooking up this simple to make and delicious chow mein that requires only readily available ingredients.

Chicken Chow Mein (Stir-Fried Noodles) Recipe (Serves 4)

*Ingredients Available at the Farmers' Market

500 grams skinless, boneless chicken thighs, thinly sliced / 400 grams dried egg noodles / 5 tbsp vegetable or canola oil / 1 and 1/2 tbsp minced ginger / 3 cloves garlic*, minced / 1 carrot, thinly sliced* / 1/2 head of cabbage, shredded* / 1/2 head of broccoli, cut into florets / 1 tsp salt / 1 and 1/2 tsp sugar / 1 and 1/2 tsp soy sauce
marinade: 1 tsp soy sauce / 1/4 tsp salt / 1/2 tsp sugar / 1/4 tsp ground white pepper / 2 tsp cornstarch / 1/2 tsp baking soda / 4 tbsp cold water

1. Mix chicken and marinade ingredients in a bowl, cover, marinate for 20 minutes.
2. Heat 3 tbsp of oil in a wok over high heat. Stir fry half the ginger and garlic until fragrant.
3. Spread chicken in a single layer in the wok and let brown for 1 minute. Cook for another 3 minutes, flipping the chicken every 30 seconds.
4. Add 60 ml of water and cover with lid. Let cook for about 1 minute or until the chicken is completely cooked through. Transfer the chicken, along with any gravy in the wok to a bowl and set aside.
5. Wipe down the wok with paper towel. Heat up 2 tbsp of oil and stir fry the rest of the ginger and garlic. Add in the carrot, cabbage and broccoli and stir fry for 1 minute. Add 80 ml of water and cover with the lid and let cook for 2 minutes. Take off the lid and lower the heat to medium-low.
6. Cook noodles in a large pot of boiling water until they're *just* done or al dente and drain. How long will depend on the noodles you have – slightly under the package's cooking time instructions.
7. Add the chicken and noodles back into the wok and add the salt, sugar, soy sauce. Toss everything together until everything is evenly coated with the sauce.