

American Chopsuey Mixed

Ingredients

Plain flour noodles (without egg)	500 gm
Water to boil	
Corn Flour	
Oil to deep fry the noodles	
Sunflower Oil (Light)	
Fresh Ginger Chopped	
Cabbage Julienne Cut	
Carrot Julienne Cut	
Mustard Leaf	
Red Onion thinly sliced (Julienne)	
Capsicum Green thinly sliced (Julienne Cut)	
Pineapple sliced	
Tomato thinly sliced	
Tomato Sauce	
Salt	
White Pepper	
Sugar	
Boiled Chicken (Boneless Breast) Diced	
Boiled Prawns (De shelled) Diced	
Egg Poached	
Long Spring Onion	
Vinegar	



Method

Boil noodles, wash with cold water and spread on a flat surface for half an hour.

Apply 1 tbsp oil on noodles. Sprinkle maida and cornflour on noodles.

Heat oil in a pan and deep fry noodles in round shape until brown and crisp.

Drain, dry and cool the crisp noodles.

Place the crisp noodles in round shape shallow bowls.

Take a wok , heat 2 tbsp oil , stir fry chopped ginger for 30 secs.

Add sliced onions, capsicum, Carrot and fry for 30 secs.

Add mustard Leaf and toss for 30 secs

Add cabbage, sliced pineapple and tomatoes and toss for another 20 secs and Tomato

sauce, salt , pepper, sugar , chicken and prawns and toss for 30 sec

Add long Spring onion and vinegar.

Mix it well and pour it on top of the crispy noodles.

Serve garnished with egg poach on top.

The cooking has to be done on high flame.