**Chicken Chow Mien**

**Ingredients**

* 100g medium egg [noodles](http://www.bbc.co.uk/food/noodle)
* 2 skinless [chicken breast](http://www.bbc.co.uk/food/chicken_breast) fillets, sliced into strips
* tablespoon dark [soy sauce](http://www.bbc.co.uk/food/soy_sauce)
* 2 tsp [five-spice powder](http://www.bbc.co.uk/food/five-spice_powder)
* ½ tbsp [cornflour](http://www.bbc.co.uk/food/cornflour)
* 1-2 tablespoon oil
* 1 large [pepper](http://www.bbc.co.uk/food/pepper), de-seeded and finely sliced
* 100g bean sprouts
* I chilli, finely chopped (optional)
* 4 large [spring onion](http://www.bbc.co.uk/food/spring_onion), sliced lengthways ( or and onion)
* freshly ground [black pepper](http://www.bbc.co.uk/food/black_pepper)

**Preparation method**

1. Cook the noodles in a pan of boiling water for 2-3 minutes Drizzle with a dash of soy sauace.
2. Place the chicken strips in a bowl and season with a dash of dark soy sauce, the five-spice powder and chilli, if using. Mix well, then lightly dust the chicken strips with the cornflour.
3. Heat a wok until smoking and add the oil, then add the chicken and stir fry for 3-4 minutes, or until the chicken is golden-brown and cooked through(white in the middle)
4. Add the red pepper and stir fry for one minute, then add the bean sprouts and spring onion and stir fry for 30 seconds. Stir in the cooked noodles and season with the soy sauce,