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With the cold days still upon us (but, hopefully, soon to be behind us!) there's nothing like diving into a bowl full of flavour. And what better dish than the sweet and savoury Cantonese Chow Mein from the Vietnamese restaurant Thuận Kiều in London, ON.

Find everything you need for this delicious dish at your local Wholesale Club, or [shop online here!](#)

Cantonese Chow Mein

Ingredients

- **225 g** (half package) fresh chow mein noodles
- **2 oz** [vegetable oil](#)
- **Handful** beansprouts
- $\frac{1}{2}$ small garlic clove, chopped
- $\frac{1}{4}$ [red pepper](#), rough cut
- $\frac{1}{4}$ [green pepper](#), rough cut
- **4** [broccoli](#) florets
- **1"** length [carrot](#), cut in slices
- **1** small [celery stalk](#), cut on bias
- **3** [white mushrooms](#), sliced
- **1/8** [white onion](#), cut in half
- **3** [bok choy leaves](#), cut in bite size pieces
- **1** fish ball, cut in half
- **1** fish cake, cut in quarters
- **3** slices bbq pork (about 1 oz)
- **2** [16/20 shrimp](#)
- **3** pieces of squid, cleaned, approx. 1.5" x 1.5"
- $\frac{1}{4}$ **oz** white cooking wine
- **6 oz** hot water
- **1 tbsp** [corn starch](#) slurry (2 oz water mixed with 1 tbsp corn starch)
- **1 tbsp** [sugar](#), msg, [salt](#) mixture (1 part sugar, $\frac{1}{2}$ part msg, $\frac{1}{4}$ part salt)

Directions

1. Boil noodles until cooked, cool, reserve.
2. Blanch all vegetables in water until $\frac{3}{4}$ cooked, reserve.

3. Prepare squid by cleaning, skinning, score half tubes with knife in cross hatch pattern, cut into approximate 1.5" x 1.5" pieces.
4. Peel shrimp, leaving tail intact.
5. Blanch squid and shrimp in water until $\frac{3}{4}$ cooked, reserve.
6. Heat 1 oz vegetable oil in wok until hot, add noodles, handful bean sprouts, and $\frac{1}{4}$ of sugar/msg/salt mixture.
7. Stir fry to heat noodles and create slight crispy texture, remove and reserve to serving plate.
8. Heat 1 oz vegetable oil in wok, add chopped garlic, blanched vegetables, seafood, bbq pork.
9. Stir fry 30 seconds, add cooking wine, remaining sugar/msg/salt mixture.
10. Add 6 oz hot water, corn starch slurry, cook until sauce has thickened.

Serving

Pour over cooked noodles on a serving plate, serve hot.

Find Thuận Kiều

Website: <http://thuankieu.ca/>

Facebook: www.facebook.com/ThuanKieuRestaurant

Instagram: <https://www.instagram.com/thuankieulondon/>

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