

## Ingredients

Quantity			
Measure			
Ingredients			
	Half	Teaspoon	Sugar
2		Teaspoon	Corn Flour
1		Teaspoon	Wine, White
Half		Teaspoon	Ajinamoto
1		Teacup	Soya Sauce
Half		Teacup	Chicken Stock - Chinese
2		Teacup	Cooking Oil
1		Tablespoon	Moong Sprouts
2		Tablespoon	Tomato Puree
1		Packet	Noodles
A		Little	Salt
1		Large	Chicken
50		Grammes	Bamboo Shoots - "Kirl"
200		Grammes	Ham
100		Grammes	Cabbage - Green
100		Grammes	Carrots
50		Grammes	Prawns
2		Flakes	Garlic
1		Bunch	Onion Leeks

## Method

In a wok, pour cooking oil, and fry the noodles, till they turn crisp and golden. Then remove from the oil, and place them on a kitchen paper towel, to remove excess oil.

Chopsuey:

Cut the meat and vegetables, in strips. Heat 2 tablespoon oil in a pan and fry garlic to golden brown Add prawns and chicken pieces and fry to a pale colour. Add onions and fry a little. Add bamboo shoots, and fry a little.

Then add carrots and cabbage cut in strips. Fry for a minute.

Add the chicken stock, and reduce the fire. Add Soya sauce, and wine, salt, sugar and Ajinomoto. Then add the tomato puree or sauce. Mix well and cook for a minute or two.

Corn flour sauce:

Dilute or mix with cold water, corn flour to the constancy of milk.

Reduce fire, are add the corn flour liquid, and mix well and bring to a boil. Cook for a minute till the sauce is thick.

Remove from fire and mix the sauce with the Chopsuey preparation.

In a serving dish, preferably a round dish, place the Chopsuey, Put the noodle nest on top of the Chopsuey. Arrange chopped ham around it.