
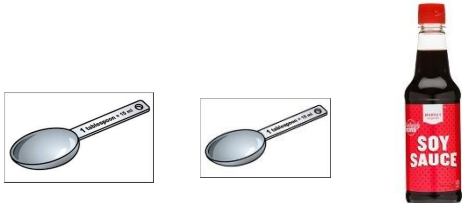
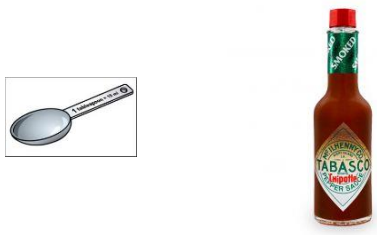








Here are the ingredients you will need for the
Easy Chow Mein recipe (serves 3-4)

<p>300g chicken breast fillets</p>	
<p>2 tbsp soy sauce</p>	
<p>1 tsp chilli sauce</p>	
<p>1 tsp five-spice powder</p>	
<p>1 tbsp cornflour</p>	

<p>Spray olive oil</p>	
<p>1 red pepper</p>	
<p>1 bunch of spring onions</p>	
<p>300g pack of noodles</p>	

Recipe made by United Response's CookABILITY