

KITCHEN KICK-OFF

INGREDIENTS

- 1 chicken breast
- 2 nests egg noodles / sweet potato noodles / rice noodles
- 1 carrot
- Handful tenderstem broccoli
- Handful sugarsnap peas / mange tout
- 75g Bean sprouts
- 1 Spring onion



STIR FRIED CHICKEN NOODLES

MARINADE

- ½ tbsp light soy sauce
- 1 tsp sesame oil

THE GARNISH

- Handful salted roasted peanuts
- Handful crispy onions
- 1 large red chilli, finely sliced into rings
- Small handful coriander leaves
- ½ lime, cut into wedges

CHOW MEIN SAUCE

- ½ tbsp oyster sauce
- ½ tbsp light soy
- ½ tbsp Dark Soy
- 1 tsp Sesame oil



PREPARATION

1. Soak the noodles in hot water for 3-5 minutes until softened, and separated
2. Slice the chicken and mix with the marinade
3. Slice the vegetables into strips
4. Finely slice the spring onions and place in a small prep bowl
5. Mix all the sauce ingredients in a small bowl
6. Build your Wok Clock starting at 12 o'clock with the chicken, followed by the vegetables, hardest veg first, lightest last, the noodles and then the sauce of your choice

COOKING

1. Heat ½ tbsp vegetable oil in a wok to high heat
2. Stir fry the chicken for 2 minutes, turning once
3. Then set aside and stir fry the rest of the vegetables, around the wok clock, leaving 30 seconds between each addition
4. Add the noodles and stir-fry for 1 minute
5. Add the sauce and stir fry for an extra 2 minutes
6. Add the spring onion and serve

