

HEALTHY CHICKEN CHOW MEIN

INGREDIENTS

200g packet dried egg noodles
2 teaspoons sesame oil
½ teaspoon five-spice powder
500g chicken breast, thinly sliced
2 teaspoons vegetable oil
3cm piece fresh ginger, peeled, finely grated
2 garlic cloves, crushed
150g oyster mushrooms, halved if large
200g snow peas, trimmed, halved
¼ cup salt-reduced chicken stock
2 tablespoons salt-reduced soy sauce
¼ cup oyster sauce
2 tablespoons kecap manis
2 cups bean sprouts, trimmed
Fresh coriander leaves to serve
Sliced red chilli, to serve
Lime wedges to serve



METHOD

1. Prepare noodles following packet directions. Drain
2. Combine 1 teaspoon sesame oil and five-spice in a bowl. Add chicken. Stir to coat.
3. Heat vegetable oil in a wok over high heat. Stir-fry chicken, in 2 batches, for 2 minutes or until browned all over. Transfer to plate.
4. Add ginger and garlic to wok. Stir-fry for 1 minute or until fragrant. Add mushrooms, stir-fry for 2 minutes or until softened. Add noodles, snow peas, stock and sauces. Stir-fry for 2 minutes or until heated through. Add remaining sesame oil, chicken and bean sprouts. Stir-fry for 1 minute or until chicken is cooked through. Sprinkle with coriander and chilli. Serve with lime.

Prep: 15 minutes

Cook: 10 minutes

Serves: 4