

Chicken Noodle Stir Fry

Food Foundations • another NAQ Nutrition program

Ingredients

Serves: 40

- 1.2kg pad Thai noodles
- 4 tbsp canola oil
- 2.5kg chicken mince
- 1 bunch spring onions, sliced
- 500g mushrooms, sliced
- 2 cloves garlic, crushed
- 5 carrots, grated
- 5 zucchini, grated
- 2 red capsicum, cut in strips
- $\frac{3}{4}$ cup (190mL) oyster sauce
- 4 tbsp soy sauce



Method:

1. Cook noodles according to packet directions. Rinse noodles under cold water and drain.
2. Heat 2 tbsp of the oil in a large frying pan over medium-high heat. Cook chicken mince in batches until browned and cooked through. Remove from pan into a heatproof bowl.
3. Heat the remaining oil in the frypan. Stir fry all prepared vegetables and garlic for 5 minutes or until tender.
4. Stir cooked chicken mince, noodles, oyster sauce and soy sauce through the vegetables until combined and heated through.
5. Divide the mixture into serving bowls for each child.

Note:

- *This recipe is gluten and dairy free*
- *For extra flavour, add in a mild chilli or stir through chopped coriander before serving*

Food Group	Serves provided per portion
Vegetables	0.75
Lean meats and legumes	0.6
Grain foods	0.9