

Chicken Chow Mein

Food Foundations



Serves: 20

Prep Time: 15

Cook Time: 15

Ingredients

- 4 x 440g packet Thin Hokkien noodles
- Olive oil spray
- 1kg chicken mince
- 2 tbsp crushed garlic
- 2 tbsp crushed ginger
- 2 carrot, sliced in thin strips
- 2 zucchini, sliced in thin strips
- 2 tbsp curry powder
- ½ cup oyster sauce
- ¼ cup reduced-salt soy sauce
- 1 cup chicken stock
- 2 cups frozen peas
- 4 cups shredded wombok
- 500g fresh bean sprouts
- 5 spring onions, sliced

Method

1. Place noodles in a heatproof bowl, cover with boiling water and leave for 5 minutes or until noodles separate. Drain.
2. Meanwhile, heat a large wok or frypan to medium-high heat and spray with oil. Add the chicken mince and stir fry until browned.
3. Add the garlic, ginger, carrot and zucchini and stir fry for a few minutes.
4. Add curry powder and cook for 1 minute until fragrant.
5. Add the oyster sauce, soy sauce, chicken stock and noodles, stir fry for 2 minutes
6. Add the peas, wombok, bean sprouts and spring onion. Reduce heat and cook, stirring occasionally, for five minutes or until the cabbage begins to wilt.

Recipe Notes:

A variety of vegetables could be used for this recipe. Try using broccoli, mushrooms, red capsicum or green beans as alternatives.

Food Group	Serves provided per portion
Vegetables	1.1
Fruit	0
Grain foods	0.9
Lean meat and alternatives	0.5
Milk, yoghurt and cheese	0