

Honey soy noodles

Serves 4

Ingredients

- 2 tablespoons salt reduced soy sauce
- 1 tablespoon oyster sauce
- 1 clove garlic, crushed
- 3cm piece of fresh ginger, peeled, finely grated
- 1 teaspoon honey
- 300g chicken thigh fillets, thinly sliced
- 450g fresh Hokkien noodles
- 1 tablespoon sesame oil
- 1 onion, cut into thin wedges
- 2 sticks celery, sliced diagonally
- 1 large carrot, cut into strips
- 1 head of broccoli cut into small florets
- 1 medium zucchini, halved lengthways and sliced
- ½ tablespoon cornflour
- ½ cup water



NUTRITION INFORMATION		
Servings per recipe: 4		
Average serving size: 456g		
	Per serve	Per 100g
Kilojoules (kJ)	1651	362
Protein (g)	26.0	5.7
Total fat (g)	9.0	2.0
- Saturated fat (g)	1.7	0.4
Carbohydrates (g)	48.5	10.6
- Sugars (g)	6.0	1.3
Fibre (g)	6.3	1.4
Sodium (mg)	637	140

Method

1. Combine soy sauce, oyster sauce, garlic, ginger and honey in a bowl. Add chicken and mix well. Cover and refrigerate whilst preparing vegetables.
2. Place noodles in a large heatproof bowl. Cover with boiling water. Stand for 5 minutes or until tender. Separate noodles with a fork. Drain.
3. Heat wok or frypan over high heat. Add the oil then stir fry the chicken pieces for 2-3 minutes or until browned. Transfer to a bowl and cover to keep warm.
4. Add onion to wok and stir fry for 1 minute or until onion has softened. Add celery and carrot. Stir fry for 2-3 minutes. Add zucchini and broccoli and stir fry for a further 2 minutes until all vegetables are just tender. Add remaining sauce mixture and stir through.
5. Return chicken to wok and stir through. Blend cornflour with water and add to the pan with the noodles. Stir fry for 1 minute until heated through.
6. Arrange in bowls and serve immediately.
7. Serve with cooked pasta.

This recipe meets the **AMBER** criteria in the National Healthy School Canteen Guidelines.