



HONEY CHICKEN NOODLES

SERVES
4

30
MIN





INGREDIENTS

- 450 grams fresh hokkien noodles
- 2 tablespoons salt-reduced soy sauce
- 1 ½ tablespoons honey
- 1 tablespoon sesame seeds
- 1 carrot, sliced or peeled into ribbons
- ¼ cup spring onion, diced
- 1 red capsicum, thinly sliced
- 200 grams chicken (beef or tofu)
- 1 tablespoon extra-virgin olive oil

HONEY (CHICKEN) NOODLES

INSTRUCTIONS

Cook hokkien noodles following packet directions.

In a small microwave safe bowl mix together honey, soy and sesame seeds. Heat in the microwave for 15 seconds or until honey is dissolved. Mix again.

Dice the chicken and cook in a pan with a drizzle of olive oil until cooked through.

Add the carrot, capsicum and spring onion to the pan with the chicken and cook for another 2-3 minutes, stirring regularly.

Add the noodles to the pan, drizzle over the honey dressing and stir to combine.

TIPS:

Try adding other vegetables such as broccoli, baby corn, spinach, corn, mushrooms, snow peas. Make the meal look like a rainbow in a bowl!

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