

Fresh for kids Chicken, egg & vegetable noodles



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Serves: 2-4 kids

Preparation: 15 minutes

(+ 15 minutes soaking time)

Cooking: 8 minutes



50g dried rice stick noodles

2 tbs peanut oil

2 eggs, lightly beaten

200g chicken tenderloins, roughly
chopped

1 corn cob, kernels removed

1/2 cup bean sprouts, trimmed

1 medium carrot, grated

50g baby spinach leaves

2 tbs kecap manis* or salt-reduced
soy sauce

1. Place noodles into a heatproof bowl, cover with hot water and leave to soak for 15 minutes.
2. Heat a wok over high heat. Add 1 tbs oil and heat until hot. Swirl egg into wok, allow egg to set then break up using a wooden spoon. Remove to a plate.
3. Add remaining oil to wok, add chicken and stir-fry for 2 minutes. Add corn to wok and stir-fry for 1 minute.
4. Add bean sprouts, carrot, spinach, egg, noodles and kecap manis or soy sauce to wok. Stir-fry for 1 minute or until spinach leaves are wilted and serve.

*Kecap manis is a sweet soy sauce available from supermarkets in the Asian section.

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