

Vegetable, chicken & noodle stir-fry



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Preparation: about 20 mins

Cooking: about 10 mins

Serves: 4

Ingredients:

350g fresh Singapore egg noodles

1/4 cup oyster sauce

2 tbs chicken stock or water

2 1/2 tbs peanut oil

500g chicken thigh fillets, cut into bite-size pieces

2 green onions (shallots), trimmed and thinly sliced

2 garlic cloves, crushed

1 tsp sesame oil

1 small red capsicum, halved, deseeded and finely sliced

5 small Brussels sprouts, trimmed and finely sliced

250g broccoli, trimmed and cut into small florets

Method:

1. Place noodles in a medium heatproof bowl. Cover with boiling water. Stand for 3 minutes or until tender. Drain and separate noodles. Set aside.
2. Combine oyster sauce and stock or water in a jug. Set aside.
3. Heat a wok over high heat until hot. Add 1 tbs oil and heat until hot. Add half the chicken and stir-fry for 3 minutes or until cooked through. Transfer to a plate. Repeat using 2 tsp oil and remaining chicken.
4. Heat remaining 1 tbs oil in wok. Add green onions, garlic and sesame oil and stir-fry for 30 seconds. Add capsicum, Brussels sprouts, broccoli and stock or water. Toss to combine. Cover and cook for 1 minute.
5. Add oyster sauce mixture and chicken to wok and stir-fry for 1–2 minutes or until Brussels sprouts are just tender. Toss through noodles and serve.