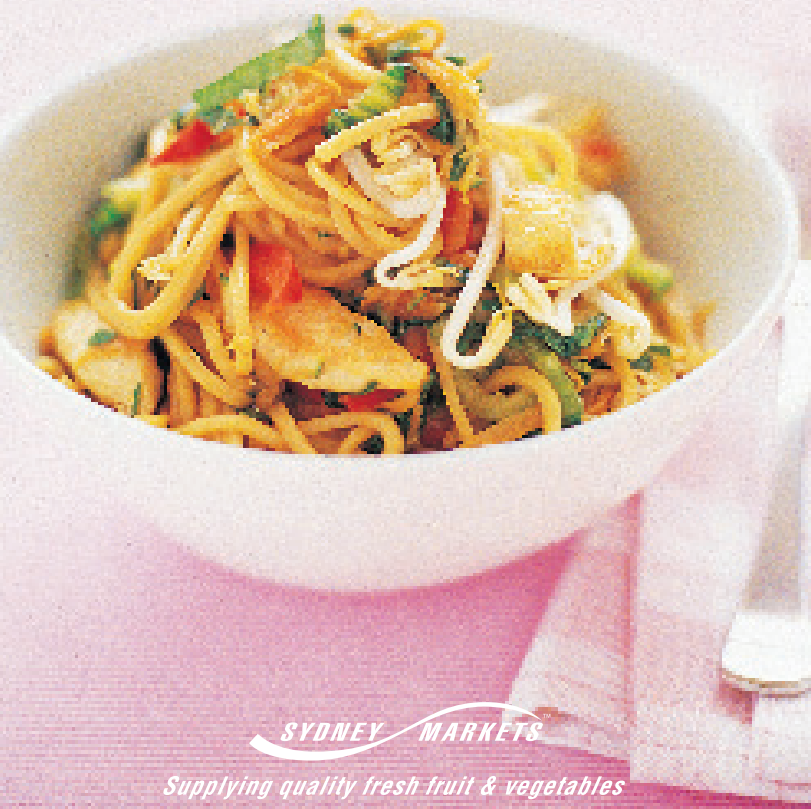


Fresh for Kids Vegetable & egg noodles



Fresh for Kids Vegetable & egg noodles

Serves: 4 kids
Preparation: 20 mins
Cooking: 12 mins

250g fresh Singapore noodles
2 tbs peanut oil
2 eggs, lightly whisked
400g chicken tenderloins, thinly sliced
1 medium carrot, peeled and coarsely grated
1 medium zucchini, coarsely grated



1 medium red capsicum, quartered, deseeded and diced
1 bunch baby bok choy, trimmed and thinly sliced
2 tbs kecap manis
100g bean sprouts, trimmed

1. Place noodles into a heatproof bowl. Pour over boiling water to cover and stand for 5 minutes or until noodles are tender. Drain and set aside.
2. Heat a wok over medium-high heat until hot. Add 2 tsp oil and eggs. Swirl eggs around wok to form a thin omelette and cook for 1 minute or until just set. Remove omelette and roughly chop.
3. Add 2 tsp oil to wok and heat over high heat until hot. Add chicken and stir-fry for 2–3 minutes or until browned. Remove and set aside.
4. Add remaining oil to wok and heat until hot. Add carrot, zucchini, capsicum and bok choy and stir-fry for 1 minute. Add noodles, chicken, kecap manis and omelette and stir-fry for 2 minutes.
5. Remove from heat, add bean sprouts and toss well to combine. Spoon into serving bowls and serve.

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Supplying quality fresh fruit & vegetables

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