



Hokkien noodle stir-fry

GREEN (ACT & SA) / Everyday (NSW)

Makes 20 x 16 ounce noodle boxes

Ingredients:

- 2kg Hokkien noodles
- 60ml Canola oil
- 4 eggs, lightly beaten
- 2 teaspoons garlic, minced
- 2 teaspoons ginger, chopped
- 1 red capsicum, sliced
- 1kg chicken breast, cooked and chopped
- ¼ cabbage, shredded
- 250 grams mushrooms, sliced
- ½ head broccoli, cut into florets
- 2 zucchinis, sliced
- 1 cup grated carrot
- ¼ bunch shallots, sliced
- 100ml salt reduced soy sauce

Method:

1. Soak noodles in boiling water for 5 minutes, then drain.
2. Place oil in a heated wok. Add the egg and stir until cooked.
3. Add the garlic, ginger, capsicum and chicken cook for 3-5 minutes
4. Add the cabbage, mushrooms, broccoli, zucchini and carrot and cook for a further 5 minutes.
5. Slowly add the Hokkien noodles a little at a time so they don't stick together. Cook for 5 minutes until noodles are hot.
6. Finish with sliced shallots and soy sauce.

Variations:

- Substitute the chicken for a different type of meat or leave it out all together
- Replace the Hokkien with Singapore or rice noodles

Tips:

- Use up any other leftover veggies and add them at the same time as the other vegetables at step 4.

Recipe tested by JG April 2016

Nutrition information:

Hokkien noodle stir-fry	Per serve (210g)	Per 100g
Energy (kJ)	1070	511
Protein (g)	20.5	9.8
Fat – total (g)	5.8	2.8
Fat – saturated (g)	1.2	0.6
Carbohydrates – total (g)	28.3	13.5
Carbohydrates – sugar (g)	1.8	0.9
Sodium (mg)	321	153