



THAI CHICKEN NOODLE STIR FRY

INGREDIENTS

200g Thick Rice Noodles
400g Chicken breast, sliced thinly
2 Bunches Bok Choy – Chop leaves and cut stems in to 5cm lengths
2 carrots, sliced
1 Small red chili, finely chopped (deseed or omit if you don't like heat)
2 Garlic cloves, crushed
2 Tbsp. Kecap Manis
2 Tbsp. Fish Sauce
2 cups bean sprouts
Juice of 1 lime
Olive oil spray

METHOD

1. Cook noodles as per packet instructions
2. Meanwhile, spray a wok with oil and heat over medium high heat. Add chicken and stir fry until browned. Transfer to a plate.
3. Spray wok with a little more oil. Add bok choy stems (not leaves yet), carrot, garlic and chili. Stir-fry for a few minutes until tender.
4. Add noodles, chicken, bok choy leaves, kecap manis, lime juice, fish sauce and bean sprouts. Stir-fry for 1-2 minutes until heated through and leaves are tender.
5. Divide in to bowls. Enjoy!

Optional – top with chopped roasted peanuts and/or coriander