



FEBRUARY RECIPE

CHICKEN & BROCCOLI SINGAPORE NOODLES

This recipe makes 4 servings.

QUANTITY	INGREDIENT
245g	Rice vermicelli noodles
10ml	Vegetable oil
310g	Chicken breasts, sliced into thick strips (or use thigh for more flavour)
3 cloves	Garlic, peeled and finely chopped
6g	Fresh root ginger, peeled and grated
35g	Carrots, peeled and finely sliced
1 head	Broccoli, cut into florets
32g	Soy sauce
15g	Oyster sauce
6g	Curry powder
5ml	Sesame oil, to taste
4	Spring onions, thinly sliced

METHOD

1. Cook the vermicelli noodles according to the manufacturer's instructions. Drain and set aside.
2. Bring a pan of water to the boil and blanch the broccoli florets for 1 minute only and drain.
3. Heat the oil in a large pan or wok. Add the chicken and cook until starting to brown.
4. Add the garlic, ginger, broccoli and carrot and stir fry for 2-3 minutes.
5. Mix the soy sauce, oyster sauce, curry powder and sesame oil and add to the chicken and vegetables. Combine well ensuring the chicken, vegetables and noodles are evenly coated in the sauce and simmer for 5-10 minutes until the chicken is cooked.
6. Add the cooked noodles and spring onions, ensuring that the chicken and vegetable mixture is evenly distributed through the noodles. Ensure the core cooking temperature is reached before serving.

ALLERGEN INFORMATION *Barley (gluten), mustard, oyster (mollusc), sesame, soy, wheat (gluten)*
 Please check product packaging for exact allergens.



CHEF'S TIPS

Need more veg in your life? Make this dish veggie by replacing the chicken with more broccoli (or a plant-based alternative like Quorn), and the Oyster sauce with BBQ sauce.

Not got rice noodles? No worries. You can use whatever noodles you have!

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