

QUICK CHICKEN STIR-FRY



Preparation time: 5 - 15 minutes

Cooking time: 10 - 20 minutes

The quicker times here reflect using Pre-cooked Chicken and Pre-packed Stir Fry Vegetables.

Enough for 6-8 people

- 1.5kg raw diced or sliced skinless Chicken Breast or Thighs
OR 2 Pre- Cooked Chickens, skinned and diced
- 2 x 575g jars 'Kan Tong' Honey, Sesame & Garlic Sauce
- 1 large packet of fresh Hokkein Noodles
- 2 packets Pre-packed Stir Fry Vegetables
OR Your own selection of Stir Fry diced Vegetables (Such as Capsicum, Carrot, Red or White Onion, Celery, Bok Choy, Shallots, Mushrooms etc...)

If using raw chicken, then cook pieces in small amounts in a little oil until just brown and cooked. Place into a deep baking dish. If using pre-cooked chicken, then just quickly brown the pieces in a little oil. Place baking cooked Chicken pieces in a low oven, around 150C without a cover.

Place the Hokkein Noodles in a large bowl, and cover with boiling water while Vegetables are cooking.

Fry the Vegetables in small amounts in the same pan with a little oil until just brown and cooked. (You can cheat some by pre-cooking the harder ones like Carrots in the microwave.) Add to the chicken as cooked.

Remove the Chicken and Vegetables from the oven. Boost oven up to 200C. Place the Kan Tong Sauce into a jug and microwave for 4 minutes, stirring twice. While it is heating, drain the water off the Noodles, and stir them through the Chicken and Vegetables. Stir the Sauce through last, and place back in the oven for 10-15 minutes until hot right through. Serve immediately.