

Bok choy, broccoli & chicken with noodles



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Ingredients:

- 400g fresh rice noodles
- 2 tbs peanut oil
- 600g chicken breast fillets, thinly sliced
- 2 garlic cloves, crushed
- 3 green onions, thinly sliced diagonally
- 1 bunch baby bok choy, trimmed, leaves separated and stems chopped
- 1 small head (about 250g) broccoli, trimmed and cut into small florets
- 1 tsp sesame oil
- 1/3 cup oyster sauce
- 1/4 cup chicken stock

Health benefits of bok choy:

- Like many Asian greens, bok choy is an excellent source of vitamin C, one of the vitamins that helps keep blood vessels healthy.
- A source of iron. Iron is needed for making red blood cells which then carry oxygen to all body tissues.

Method:

1. Prepare rice noodles according to packet directions. Drain, separate noodles and set aside.
2. Heat a wok over high heat. Add 2 tsp oil and heat until hot. Add half the chicken and stir-fry for 2 minutes or until just cooked through. Transfer to a plate. Repeat using 2 tsp oil and remaining chicken.
3. Heat remaining 1 tbs oil in wok until hot. Add garlic and green onions and stir-fry for 1 minute. Add bok choy stems, broccoli and sesame oil. Stir-fry for 1 minute.
4. Add bok choy leaves, oyster sauce and chicken stock to wok and stir-fry until just combined. Cover and cook for 1 minute. Add chicken and noodles. Stir-fry for 1–2 minutes or until noodles are heated through. Spoon into serving bowls and serve.

Serves: 4–6

Preparation: 20 minutes

Cooking: about 12 minutes