

# Broccoli, bok choy & chicken with rice noodles



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**Preparation** about 15 minutes

**Cooking** about 10 minutes

**Serves** 4

400g fresh rice noodles

2 tbs peanut oil

600g chicken tenderloins or breast fillets, thinly sliced

2 garlic cloves, crushed

4 green onions (shallots), thinly sliced diagonally

1 bunch baby pak choy (bok choy), trimmed, leaves separated and stems chopped

350g broccoli, trimmed and cut into small florets

1 tsp sesame oil

1/3 cup chicken stock

1/3 cup oyster sauce

1. Prepare rice noodles according to packet directions. 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. Add garlic and green onions and stir-fry for 1 minute. Add bok choy stems, broccoli, sesame oil and stock. Stir-fry for 1 minute. Add bok choy leaves and oyster sauce. Stir-fry for 1 minute. Add chicken and noodles. Toss until well combined and noodles are hot. Spoon into serving bowls and serve.



### Broccoli

- One of the most nutritious of all vegetables with iron, potassium and a high content of vitamins, including vitamin C. The body needs this vitamin for healthy gums and connective tissue throughout the body.
- A good source of folate, one of the B complex vitamins that is important for heart health.