

Bok choy & chicken chow mein



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Preparation: about 20 minutes +
marinating time

Cooking: about 10 minutes

Serves: 4

500g chicken breast fillets, thinly sliced

2 tsp cornflour

1 tbs salt reduced soy sauce

2 tbs peanut oil

2 garlic cloves, finely chopped

2 green onions (shallots) thinly sliced

1 carrot, peeled and cut into thin strips

1 cup shredded Chinese cabbage

½ cup chicken stock

1 bunch baby bok choy, roughly chopped

¼ cup oyster sauce

Crisp fried noodles, to serve

1. Place chicken in a bowl and sprinkle with cornflour and drizzle with soy sauce. Toss to combine. Refrigerate for 30 minutes.
2. Heat a wok over high heat. Add 1 tbs oil and chicken. Stir-fry for 2–3 minutes until almost cooked through. Transfer to a plate.
3. Add remaining 1 tbs oil, garlic, green onions and carrot to the wok. Stir fry for 1 minute. Add cabbage and stock. Cover and cook for 2 minutes or until cabbage begins to wilt. Toss through bok choy and oyster sauce until bok choy just wilts. Serve with crisp fried noodles.



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.
- Bok choy is also a source of the B vitamins, thiamin (B1), riboflavin (B2), pyridoxine (B6) and folate. These vitamins are all involved in many biochemical reactions in the body.



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