

Honey Soy Chicken Stir Fry

Serves: 4

Prep time: 20 minutes

Cook time: 15 minutes



1 ½ serves per portion

Ingredients

200g rice noodles, uncooked

1 tablespoon olive oil

500g chicken breast, skinless and cut into strips

1 onion, finely sliced

1 carrot, sliced diagonally

2 celery sticks, sliced diagonally

1 red capsicum, thinly sliced

1 bunch bok choy, roughly chopped

Sauce:

2 tablespoons reduced-salt soy sauce

2 teaspoons cornflour

½ cup vegetable stock

1 tablespoon honey

1 tablespoon sesame seeds

Method

PLACE noodles in large bowl, cover with boiling water for 2 minutes, drain then refresh in cold water and set aside.

HEAT oil in a wok (or large pan), add chicken and cook for 5-10 minutes. Set aside.

COOK onion, carrot, celery, and capsicum for 2 minutes.

RETURN chicken to the pan, add bok choy, and cook for 2 minutes.

MIX cornflour and soy sauce to make a paste, then add the vegetable stock (hot), honey and sesame seeds and pour over the chicken and vegetables.

COOK for a further 1-2 minutes until sauce thickens.

COMBINE the chicken and vegetables with noodles and serve.



Everyday Food

Recipe courtesy of the Country Kitchens team