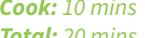




## Chicken & Hokkien Noodle Stir-Fry with Fresh Basil

Use your noodle and choose noodles! This sumptuous stir-fry is a veritable greatest hits of delicious flavours and fresh crispy veggies. We're so excited to bring you this Thai chilli jam – the perfect balance of spicy and tasty. After this, we reckon you'll be losing the Thai takeaway's number too.

 Prep: 10 mins  
 Cook: 10 mins  
 Total: 20 mins

 level 1

 lactose  
free

### Pantry Items



Vegetable Oil



Salt-Reduced Soy Sauce



Free Range Chicken Thighs



Fresh Hokkien Noodles



Thai Chilli Jam



Carrot



Red Capsicum



Garlic



Lemon



Basil

2P	4P	Ingredients
2 tsp	1 tbs	vegetable oil *
1 packet	2 packets	free range chicken thighs, trimmed & cut in 2cm slices
½ packet	1 ½ packet	fresh Hokkien noodles ( <b>recommended amount</b> )
1 tub	2 tubs	Thai chilli jam
2 tbs	4 tbs	salt-reduced soy sauce *
1	2	carrot, peeled & sliced on the diagonal
1	2	red capsicum, cut into strips
1 clove	2 cloves	garlic, peeled & crushed
½	1	lemon, juiced
1 bunch	2 bunches	basil, leaves picked

 Ingredient features in another recipe

 \* Pantry Items

 Pre-preparation

#### Nutrition per serve

Energy	2550	Kj
Protein	45.6	g
Fat, total	20.1	g
-saturated	4.7	g
Carbohydrate	56.8	g
-sugars	11.9	g
Sodium	1010	mg



**You will need:** chef's knife, chopping board, vegetable peeler, garlic crusher, kettle, large wok or frying pan, tongs, plate, heatproof bowl, sieve, small bowl and wooden spoon.

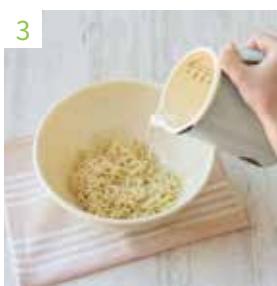


**1** Bring a kettle full of water to the boil.

**2** Heat the **vegetable oil** in a large wok or frying pan over a medium-high heat. Add the **chicken thighs** and stir fry for **2-3 minutes**, or until golden and cooked through. Remove the chicken from the pan and place on a plate (leave any oil in the pan behind to cook the veggies in step 5).

**3** Place the fresh **Hokkien noodles** in a heatproof bowl, pour over enough boiling water to cover the noodles and allow to soak for **2 minutes**, separate with a fork and then drain.

**Note:** Be sure to add the correct amount of noodles in order for your dish to be perfectly balanced, just the way we planned it!



**4** In a small bowl, combine the **Thai chilli jam** and **salt-reduced soy sauce** with a splash of water.

**5** Place the same wok over a medium-high heat. Add the **carrot**, **red capsicum** and **garlic** and stir fry for **1 minute**. Add the chilli jam mixture to the wok with the Hokkien noodles and chicken. Stir fry for **1-2 minutes**, or until heated through and well combined. Add the **lemon juice**, then remove from the heat and stir through the **basil leaves**.

**6** To serve, divide the stir-fry between serving bowls.

**Did you know?** The noodle is a symbol of long life in Chinese culture, and is traditionally served for birthdays and new year celebrations to represent longevity.

