

Chinese Chicken Noodle Stirfry

A great taste of Asia that kids love, packed full of goodness from vegetables of the season. Served with yummy noodles, this dish can easily be adapted to incorporate ingredients available.



Influence: China



Serves 10 children



40 minutes

INGREDIENTS

Noodles, cooked 300g
Canola Oil 30ml (1 ½ T)
Garlic, crushed 10g (2 cloves)
Chicken mince 500g (2 C)
Carrots, grated 200g (3 medium)
Cabbage, sliced 200g (1/4 medium)
Peas, frozen 150g (1 C)
Spring onions, sliced 25g (2 medium)
Soy sauce, light 20ml (1T)
Cornflour 15g (1 1/2T)
Water 125ml (1/4 C)

DIRECTIONS

1. Place noodles in a large bowl, cover with boiling water and clingfilm and leave for 3-4 minutes to heat through
2. Heat oil in frypan, add garlic and cook for 3 minutes until soft
3. Add chicken and cook for a further 4 minutes until brown
4. Add carrots and cook for 5 minutes stirring continuously
5. Add cabbage and cook for 4 minutes
6. Stir in peas, spring onion and soy sauce
7. Mix cornflour and water and add to mixture, stirring continuously until thickened
8. Drain the noodles and stir through chicken and vegetables
9. Serve

Allergy Information

Contains: gluten, wheat, soy.

As well as containing wheat, some noodles contain egg; some cornflours contain wheat, soy sauce contains wheat.

Childcare RDI Calculator:

Fat	<div></div>	60 %
Vegetables	<div></div>	80 %
Meat/Alt*	<div></div>	100 %
Cereals	<div></div>	100 %
Dairy		0 %
Fruit		0 %

* meat = lean meats, poultry and fish; meat alternatives = eggs, tofu, nuts, seeds, legumes and beans

This recipe is sourced from the Nourish Cookbook: The complete guide for Food Coordinators in Education and Care Services