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## 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



high protein



eat me early

### Pantry Items



Vegetable Oil



Soy Sauce



Chicken Thighs



Fresh Hokkien Noodles



Carrot



Red Capsicum



Spring Onions



Garlic



Thai Chilli Jam



Lemon








Basil

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2P	4P	Ingredients
1 tsp	2 tsp	vegetable oil *
1 packet	2 packets	chicken thighs, trimmed & cut into 2 cm thick slices 
2/3 packet	1 1/2 packets	fresh Hokkien noodles
1 tub	2 tubs	Thai chilli jam
2 tbs	3 tbs	salt-reduced soy sauce *
1	2	carrot, peeled & sliced on the diagonal  
1	2	red capsicum, cut into strips
1 bunch	2 bunches	spring onions, sliced on the diagonal
1 clove	2 cloves	garlic, peeled & crushed
1/2	1	lemon, juiced 
1 bunch	2 bunches	basil, leaves picked

 Ingredient features in another recipe

\* Pantry Items

 Pre-preparation

#### Nutrition per serve

Energy	2420	Kj
Protein	41.4	g
Fat, total	18.7	g
-saturated	4.3	g
Carbohydrate	52.6	g
-sugars	12.2	g
Sodium	1210	mg



**You will need:** *chef's knife, chopping board, vegetable peeler, garlic crusher, kettle, large wok or frying pan, tongs, plate, heatproof bowl, 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** 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 **1 minute**. Drain.

**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, spring onion** 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.

