



Recipe Suggestion : Chicken Chow Mein

Ingredients (Serves 3): 350g Unigreen Fried Noodles, 100g skinless chicken breast fillet, cut into 2cm pieces, 50g mushroom, 50g fresh capsicum, 25g Celery, 35g Carrots

Sauce: 1 teaspoon salt, ½ suger, 1 teaspoon corn flourr, 2 teaspoon soy sauce, 1 teaspoon Oyster sauce, White pepper

Preparation Instructions:

- 1** Cook noodles as directed on packet (1½ minutes) Drain thoroughly and set aside
- 2** Cut vegetables into slices and cook in boiling water for 1 minute, drain and set aside
- 3** In a bowl, combine salt, corn flour, soy sauce, Oyster sauce & white pepper, set aside

Heat wok or frying pan over medium-high, add 30ml of oil and heat for 1 minute. Add
- 4** Unigreen Fried Noodles and fry for 3 minutes, turn noodles over and fry for a further 3 minutes. Divide among individual plates and keep warm
- 5** Heat wok again, stir-fry chicken & vegetables for 2 minute, add 30 ml water. Cook until heated through, about 2 minutes. Add mixed sauces. Divided on top of fried noodles.