

## Chicken Mi-Goring



### Ingredients

- 250g packet long-life dried noodles
  - 1 tablespoon peanut oil
  - 3 eschalots, thinly sliced
  - 450g chicken thigh fillets, trimmed, diced
  - 1 bunch baby pak choy, trimmed, stems sliced, leaves shredded
  - 1/4 cup kecap manis
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- Step 1

Place noodles in a heatproof bowl. Cover with boiling water. Stand for 8 to 10 minutes or until just tender. Drain. Using a fork, separate noodles.
  - Step 2

Meanwhile, heat a wok over medium-high heat. Add oil. Swirl to coat. Stir-fry eschalots for 1 to 2 minutes or until softened. Add chicken. Stir-fry for 2 to 3 minutes or until chicken is just cooked through. Add pak choy stems. Stir-fry for 1 minute or until pak choy is bright green.

- Step 3

Add pak-choy leaves, noodles and kecap manis. Stir-fry for 1 to 2 minutes or until leaves have wilted.

### **Notes**

To serve: We served this meal with sliced red chilies.

Super saver: Use 1 small brown onion, halved, thinly sliced instead of shallots

### **Nutrition**

Energy	Fat saturated
1938kJ	3.40g
Fat Total	Carbohydrate sugars
13.30g	-
Carbohydrate Total	Dietary Fibre
56.20g	1.40g
Protein	Cholesterol
29.30g	98.00mg
Sodium	
1438mg	

All nutrition values are per serve.