

Honey Chicken Stir Fry



Ingredients (serves 4)

200g dried egg noodles

¼ cup reduced salt chicken stock

3 tbsp honey

2 ½ tbsp hoisin sauce

1 tsp cornflour, dissolved in 1 tbsp water

350g chicken breast, thinly sliced

2 garlic cloves, crushed

2 large carrots, cut into matchsticks

250g green beans, trimmed, sliced diagonally

1 cup corn kernels

Method

- 1) Cook noodles in a large pan of boiling water. Drain well.
- 2) Mix stock, honey, hoisin sauce and cornflour mixture in a jug.
- 3) Lightly spray a wok with oil and place over a high heat. Stir fry the chicken for 2-3 minutes until golden. Transfer to a plate and set aside.
- 4) Add garlic, carrot and 1 tbsp water to the wok. Stir fry for 2 minutes. Add beans and corn, stir fry for a further 2 minutes.
- 5) Return chicken to wok. Add noodles and sauces and stir fry for 1-2 minutes or until the sauce has thickened and noodles are heated through.

Got any leftover veg in the fridge? Add it to the wok – mushrooms, peppers, spring onions.....

