



RESCUING FOOD • NOURISHING COMMUNITIES



RECIPE CARD



Recipes developed in conjunction with
the University of Otago Human Nutrition Department

SWEET AND SOUR CHICKEN STIR-FRY WITH EGGNOODLES

SERVES 4-5



INGREDIENTS

- 200-800g (2-4 cups) Chicken breast OR thigh
- Cooking oil
- 1-2 pkts Egg noodles

Any combination of vegetables:

- Capsicum
- Cabbage
- Carrot
- Onion (peeled)
- Zucchini/courgette

Sweet and sour sauce Ingredients:

- 3 Tbsp tomato sauce
- 1½ Tbsp vinegar
- 1½ Tbsp soy sauce
- 1½ Tbsp sugar (brown if available)
- 1 Tbsp water
- ½ cup diced pineapple, fresh OR canned and drained (optional)

METHOD

Read instructions carefully so that noodles and stir-fry are ready to eat at the same time.

1. Use knife and chopping board to slice 4 cups of vegetables. Place prepared vegetables in a bowl, set aside.
2. Use knife and chopping board to cut chicken into thin strips.
3. Heat 1 Tbsp oil in frying pan. Add chicken and fry until golden. Chicken doesn't have to be fully cooked at this stage.
4. Add vegetables and fry for 5-10 minutes until vegetables have heated through but are still crunchy.
5. When stir-fry is 5 minutes from being cooked, boil 2 cups of water. Place noodles in a bowl and pour boiling water over top. Leave to soak for 2 minutes. Drain water and set noodles aside.
6. Add sauce ingredients to chicken and vegetable mixture and simmer for 2-3 minutes.
7. Serve over or toss through noodles.