



Chicken Singapore Noodles

Recipe by School Food Matters



Serves 5



45 mins

INGREDIENTS

- 400g chicken
- 1 tbsp olive oil
- 1 clove garlic

Vegetables:

- 1 tsp olive oil
- ½ capsicum, sliced
- 1 small red onion, sliced
- 2 carrots, sliced
- 200g greens (beans, broccoli or similar*)
- 20g bean sprouts
- 2 spring onions

Sauce:

- 2 tbsp soy sauce
- 1 tbsp apple cider vinegar
- ½ tsp brown sugar
- ½ tsp curry powder
- Salt and pepper
- 200g dry vermicelli noodles

Notes:

*Replace greens with what is available to you. Wombok, cabbage, spring onion, scapes, or herbs such as coriander or mint would all work well



Afternoons

with Joel Rheinberger
on 936AM and the ABC listen app





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DIRECTIONS

To marinate and cook the chicken:

1. Cut chicken into strips, place in a bowl, and add oil and garlic. Stir until well combined.
2. Set aside for 20 minutes, or refrigerate overnight.
3. Heat a large frying pan or wok over medium heat and add enough oil to coat the bottom of the pan lightly.
4. Place the chicken in a single layer to cover the bottom of the pan. Cook for approximately 5 minutes, until golden brown.
5. Remove the chicken from the pan and place it on a tray in the oven to keep warm until ready to serve.

To make the noodles and veg:

6. Fill a large saucepan with water and bring to the boil. Add noodles and turn off. Soak until tender or according to packet instructions.
7. When cooked, drain and rinse under cold water. Set aside to cool.
8. Wash and slice the vegetables according to the ingredient list.
9. Heat a large saucepan, add the oil, then cook the vegetables until al dente. Reduce the heat and add the sauce ingredients, cook for 5 minutes, then add the noodles and mix through.

To serve:

10. Top the noodles with the warm chicken and bean sprouts or mix through before serving.



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