

Easy chicken chow mein

★★★★★ 19 ratings

Prep
15m

Cook
08m

Serves
4



Ingredients (11)

- 350g packet fresh Singapore noodles
- 2/3 cup chicken stock
- 1/3 cup oyster sauce
- 2 tbsp soy sauce
- 1 tbsp vegetable oil
- 500g chicken mince
- 1 brown onion, chopped
- 1 celery stalk, thinly sliced
- 1 medium carrot, peeled, grated
- 1 small red capsicum, cut into 1cm cubes
- 1 cup frozen peas

Method

Step 1

Place noodles in a heatproof bowl. Cover with boiling water. Stand for 2 minutes or until just tender. Drain. Using a fork, separate noodles. Combine stock, oyster sauce and soy sauce in a jug.

Step 2

Heat a large, non-stick wok over high heat. Add oil. Swirl to coat. Add mince. Cook, stirring with a wooden spoon to break up mince, for 3 to 4 minutes or until lightly browned and cooked through.

Step 3

Add onion, celery, carrot, capsicum and peas. Stir-fry for 3 minutes or until vegetables are just tender. Add stock mixture and noodles. Stir-fry for 1 minute or until heated through. Serve.

Recipe notes

Super saver: Use green capsicum instead of red and save around \$1.14 in total.

Nutritional information

NUTRITION PER SERVING

%Daily Value#

Energy	2076 kj (496cal)	24%
Protein	34.3g	69%
Total Fat	16.3g	23%
Saturated	3.6g	15%
Cholesterol	0.1g	-
Carbohydrate Total	56.7g	18%
Sugars	5.5g	6%
Dietary Fiber	10.5g	35%
Sodium	1.9g	83%
Calcium	63mg	8%
Magnesium	47.3mg	15%
Potassium	912.9mg	-
Iron	4.3mg	36%

Zinc	2.3mg	19%
Phosphorus	289.7mg	29%
Vitamin A	1000µg	133%
Vitamin C	28.8mg	72%
Thiamin B1	0mg	0%
Riboflavin B2	0mg	0%
Niacin B3	8.7mg	87%
Vitamin B6	1mg	63%
Folic Acid B9	38.6	19%
Vitamin B12	0.8µg	40%
Vitamin D	0µg	0%
Vitamin E	1.2mg	12%
Vitamin K	21.6µg	27%

Nutrition information and Health Score does not include ingredients listed as to serve or any serving suggestions.

Nutrition information is calculated using an ingredient database and should be considered an estimate.

The % daily values indicates how much of a nutrient in a food serving contributes to a daily diet, based on general nutritional advice for a diet of 2100 calories a day.

* Health Scores are calculated on a 1-10 scale based on nutrient density and USDA (global standard) recommendations for a healthy diet. A higher Health Score indicates a healthier recipe. The value is based on the impact of macronutrients and micronutrients in the recipe.