

Fresh for Kids®

Honey vegetable, chicken & noodle stir-fry



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Preparation: about 20 mins

Cooking: about 10 mins

Serves: 4 kids

Ingredients:

- ¼ cup honey
- 1 tbs kecap manis* or reduced salt soy sauce
- 2 x 85g packets chicken flavoured 2-minute noodles
- 2 tbs peanut oil
- 400g chicken tenderloins, trimmed and sliced crossways
- 2 medium carrots, peeled, halved and cut into thin strips
- 2 sticks celery, thinly sliced diagonally
- 200g broccoli, trimmed and cut into small florets

* Available from Asian food shops and large supermarkets.

Method:

1. Combine honey and kecap manis or soy sauce in a small bowl. Set aside. Cook 2-minute noodles according to packet directions. Drain.
2. Meanwhile, heat a wok over high heat. Add oil and heat until hot. Add half the chicken and stir-fry for 2 minutes or until just cooked through. Transfer to a plate. Repeat using 2 tsp oil and remaining chicken.
3. Add remaining 1 tbs oil, carrots, celery and broccoli to wok. Stir-fry for 2 minutes. Add honey mixture, chicken and 2-minute noodles. Stir-fry until well combined and honey caramelises slightly. Serve immediately.

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Carrots:

- The old saying that carrots help you see in the dark is due to their high content of beta carotene, which the body converts to vitamin A and uses for vision in dim light.
- A good source of vitamin C, one of the anti-infection vitamins.
- Provide dietary fibre, whether raw or cooked. Fibre helps keep the intestine healthy.