

Chicken Stir Fry

Preparation: 10 minutes , Cook Time: 15 minutes

1 packet ramen or other instant noodles, minus the seasoning packet
2 teaspoons oils
1/2 teaspoon garlic, minced
1/4 onion, thinly sliced
1 chicken breast, cut into bite size pieces
1/4 cup chicken broth
3/4 cup carrot, cut into matchsticks

3/4 cup broccoli florets, cut into smaller peices

1/2 small red bell pepper, sliced
1/2 cup water, plus more as needed

FOR THE SAUCE

2 tablespoons soy sauce
2 tablespoons oyster sauce
2 tablespoons hoisin sauce

Mix all ingredients to make the Sauce.

Heat oil in a large skillet with tall sides, over high heat. Add onion and garlic, cook for 1 1/2 minutes until starting to go golden.

Add chicken and cook just until the outside mostly changes from pink to white.

Add chicken broth and cook for 1 minute until chicken is golden brown.

Add carrot, broccoli, and red bell pepper; cook for 1 minute until vegetables are tender crisp.

Push chicken and veg to the sides to make enough space in the middle for the noodles. Add water to center hole, place noodles in water.

When the water starts simmering on the edges, leave noodles for 45 seconds then turn.

Leave for 30 seconds, then un-tangle the noodles, then toss through the chicken and veg.

Add the sauce and toss for 1 minute until sauce reduces to coat the noodles and the noodles are cooked.