



Stir-fried Noodle with Shredded Vegetables & Chicken

Ingredients

- 1 Whole Egg Noodle
- 1 carrot, spiralized with SpiraleZ
- 1 cucumber, spiralized with SpiraleZ
- 200g chicken breast
- 2 cloves garlic (grinded)
- Light soy sauce
- 2 teaspoons dark soy sauce
- 30ml water
- 5g sugar
- 1 tablespoons sesame oil
- 2 teaspoons white sesame seed (lightly roasted)

Step

1. In a pot, bring the water to boil and cook the noodle until separate. Transfer to cold water to let cool. Drain and set aside.
2. In a bowl, combine the light soy sauce, dark soy sauce, water and sugar. Set aside.
3. Heat a slightly oiled frying pan on a medium high heat. Cook the chicken breast for about 3 minutes.
4. Add in the grinded garlic, noodle, carrot spirals and cucumber spirals. Stir well. Reduce the heat to medium.
5. Add the sauce mixture. Toss well, drizzle with sesame oil and transfer to the plate.
6. Sprinkle with white sesame seeds and ready to serve.



三絲炒麵

材料

- 全蛋麵 --- 1 個
- 紅蘿蔔 --- 1 個；刨成絲
- 青瓜 --- 1 個；刨成絲
- 雞胸肉 --- 200 克
- 蒜頭 --- 2 瓣 (切蓉)
- 生抽 --- 適量
- 老抽 --- 2 茶匙
- 水 --- 30 毫升
- 砂糖 --- 5 克
- 麻油 --- 1 湯匙
- 白芝麻粒 --- 2 茶匙 (炒香)

做法:

1. 煮滾一鍋水，加入全蛋麵煮至鬆散，撈起浸在凍水中放涼，撈起瀝乾備用。
2. 將生抽、老抽、水及砂糖拌勻成醬汁備用。
3. 用中高火燒熱鍋，加少許油，加入雞胸肉炒 3 分鐘。
4. 加入蒜蓉，再加入全蛋麵、紅蘿蔔絲及青瓜絲炒勻，調至中火。
5. 加入醬汁炒勻，灑上麻油，上碟。
6. 灑上白芝麻粒即成。