

Chicken Stir-fry, Chinese cabbage, red pepper, sesame and egg noodles - Virtual Workshop Version

Recipe for 2

Description

A nice marriage of flavor between chicken and an Asian inspired stir-fry with fresh vegetables.

Note

You can use any kind of noodles that please you, ideally Asian style otherwise feel free to use egg noodles.

Ingredients

Chicken stir-fry

- 2 Unit(s) Chicken breast
- 1 Unit(s) Red pepper
- 0.25 Unit(s) Chinese cabbage
- 0.50 Unit(s) Red onion
- 1 Large Carrot
- 50 Ml Soy sauce
- 1 Unit(s) Lemon juice
- 0.50 Tbsp Roasted sesame oil
- 1 Tsp Honey
- 50 Gr White and black sesame seeds
- 1 Unit(s) Green onion
- 3 Sprig(s) Coriander

Noodles

- 0.50 Bag(s) Chinese noodles

Preparation

- Preparation time **30 mins**

Ingredients

Make sure all your ingredients are measured and ready. Wash your vegetables.

Material

1 cutting board, 1 chef knife, 1 pairing knife, 1 peeler
1 wok or large pan
1 cooking pot

Preparation

Cut the chicken breast in 2 lengthwise, then slice each half into strips. Set aside in the fridge. Remove the seeds from the red peppers and then cut into thin strips. Peel and slice the onions. Clean and slice the cabbage. Peel the carrots and cut into matchsticks. Blanch the carrot sticks very briefly in salted boiling water, making sure they retain some crunch. Pass under cold water to

stop them from over cooking.

Cut the green onion diagonally as a garnish.

Chicken and sauce

Cooking the sauce

In a sauce pot, heat the soya sauce and honey. Add the lemon juice, sesame oil and season with pepper. Set aside.

Cooking the chicken

In a hot wok with oil, sear the chicken strips. Once close to done, add the sauce. Once cooked through, transfer to a bowl and set aside.

Cooking the vegetables

In the same wok, with oil, sweat the onions. Once cooked or translucent, add the pepper. Cook for 2-3 minutes and then add the garlic and cabbage. Add the carrots.

Finalizing

Combine the chicken , sauce and vegetables in the wok, add the sesame seeds and green onion.

Noodles

In a large pot of salted boiling water, cook the noodles for the time indicated on the package.

Strain.

Cook the noodles at the last minute before serving to avoid them sticking together or overcooking.

Plating

In a flat plate or bowl, place the noodles at the bottom. Place the chicken on top of the vegetables and garnish with fresh cilantro.

Bon appétit!