KIKKOMAN

Quick Chicken Stir Fry Noodles with Soy Honey & Ginger Sauce

Total time **25 mins** **10 mins** preparation time **15 mins** cooking time

INGREDIENTS

4 portion(s)

250 g	egg noodles
200 g	broccoli, cut into small florets
300 g	skinless chicken breast, cut into strips
2 tbsp	vegetable oil
4	garlic cloves, finely chopped
2	medium carrots, julienned or grated
4	spring onions, sliced, to garnish (optional)
	Sprinkle of sesame seeds, to garnish (optional)

Sauce:

4 tbsp	Kikkoman Naturally Brewed Soy Sauce
4 tsp	Kikkoman Toasted Sesame Oil
2 tsp	ginger paste
2 tbsp	honey

PREPARATION

Step 1

Cook the egg noodles according to the pack instructions, then drain.

Step 2

Lightly steam the broccoli for 4-5 minutes, then set aside.

Step 3

To make the sauce, whisk together the Kikkoman Soy Sauce, sesame oil, ginger paste and honey in a small bowl.

Step 4

Season the chicken strips with pepper. Add the oil to a medium-sized frying pan or wok and stir fry the chicken over a medium heat for 2 or 3 minutes, until slightly golden. Stir in the garlic and carrots and cook for 1 minute more.

Step 5

Add the steamed broccoli followed by the drained noodles to the pan and pour over the sauce. Toss until fully mixed.

Step 6

Heat through for a couple of minutes then serve the chicken stir fry noodles, garnished with the spring onions and sesame seeds, if liked.