

Hokkein Noodles with Lemon Grass Chicken

This fabulous salad is easy, inexpensive, healthy and really tasty!

SALAD

2 Chicken Breast Fillets.

1 stem of Lemon Grass, halved lengthwise, bruised.

1 pkt Hokkein Noodles.

Julienne vegetables – spring onion, capsicum, carrot and snow peas.

50g peanuts - toasted

2 tbsp sesame seeds – toasted.

2 tbsp fresh thai basil or mint leaves.



Place trimmed chicken breast and lemongrass in a fry pan and cover with water. Gently poach for approx 15 minutes until tender and cooked through.

Stand chicken for 5 minutes. Then finely shred meat and lemongrass (reserve for dressing).

Soak noodles in large bowl filled with boiling water for 2 minutes or until separated.

Combine noodles, shredded chicken, julienned vegetables, toasted peanuts, sesame seeds and fresh herbs.

Toss through dressing 30 mins before serving, enjoy!

DRESSING

2 tbsp sweet chilli sauce

1 tbsp sweet soy sauce

2 tbsp lime juice

1 tbsp peanut oil

Shake together in a jar (with finely chopped lemongrass).