

Hokkien Noodle Stir-fry

Serving size: Serves 4

Cooking time: Less than 30 minutes

INGREDIENTS

500g hokkien noodles
500g chicken breast strips
½ cup (120ml) plum sauce
¼ cup (60ml) soy sauce
1 tablespoon vegetable oil
1 medium onion, asian cut
2 cloves garlic, crushed
1 small knob ginger, chopped finely
1 medium (200g) green capsicum, julienne
1 medium (200g) yellow capsicum, julienne
1 large carrot, julienne
½ cup (125ml) vegetable stock
1 cup (80g) bean sprouts

Note: recipe best made close to serving.

METHOD

Cover the noodles with boiling water, stand two minutes; drain. Meanwhile cut meat into thin strips. Cut vegetables and set aside in bowls. Heat half the oil in a wok, stir-fry chicken until browned lightly, remove from wok.

Add remaining oil to wok with onion, ginger and garlic, stir-fry until onion is soft. Add capsicum and carrots, stir-fry until just tender. Add noodles and stir fry with vegetables, add stock as required. Return cooked chicken to the wok, add combined mixture of plum sauce & soy sauce. Stir-fry until noodles are heated through, add bean sprouts and toss lightly. Serve immediately.

Thai Green Chicken Curry

Serving size: Serves 4

Cooking time: Less than 30 minutes

INGREDIENTS

1 large brown onion (200g), chopped coarsely
2 cloves garlic, crushed
1 tablespoon grated fresh ginger
1 tablespoon finely sliced fresh lemongrass
2 kaffir lime leaves
2 tablespoons green curry paste
500g chicken breast fillet, sliced thickly
1 tablespoon peanut oil
¾ cup (180ml) chicken stock
1 2/3 cups (400ml) coconut milk
2 tablespoons lime juice
230g can sliced bamboo shoots, drained
300g fresh baby corn, halved
½ cup fresh coriander, loosely packed, coarsely chopped

METHOD

Combine onion, garlic, ginger, lemon grass and paste in medium bowl. Add chicken; toss to coat in mixture. Heat oil in wok or large frying pan; stir-fry chicken mixture, in batches, until chicken is just browned.

Return chicken mixture to wok with stock, kaffir lime leaves, coconut milk and juice; cook, uncovered, about 5 minutes or until curry mixture thickens slightly and chicken is cooked through.

Reduce heat. Add bamboo shoots, baby corn and coriander; stir-fry until heated through.

Serving suggestion — Serve this curry with steamed long-grain white rice.



Fusion Cooking: The majority of the modern Australian menu is the result of fusion. Fusion cooking blends the elements and techniques of distinctive cuisines, creating new flavours and textures. It relies on balance and simplicity to form innovative combinations, putting a new spin on traditional favourites!

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