

Mee Goreng

Ingredients

- 4 packets Maggi 3 Minute Curry Noodles (per 100g as consumed)
- 2 tablespoons Lime Juice
- 4 tablespoons kecap manis (sweet soy sauce)
- 1 tablespoon Sunflower Oil
- 400 g Chicken Breasts, diced
- 2 Cloves garlic, crushed
- 1 teaspoon root ginger, finely grated
- 3 Mediums eggs, beaten
- 100 g spring onions, sliced
- 300 g broccoli florets, finely sliced
- 150 g Beansprouts
- 1 large red pepper, sliced
- 2 tablespoons Crispy onions
- 1 small red chilli, finely sliced

Instructions

1. Cook the noodles in boiling water (save the seasoning sachet for later). Drain and rinse with cold water until they are cold, drain again and reserve for later. Toss with a little oil.
2. Heat a splash of oil in a medium frying pan. Pour in the beaten eggs and quickly stir and shake the pan to distribute evenly. Cook until set. Slip the omelette onto a plate, roll up into a large cigar shaped tube and slice into strips. Set aside.
3. Heat a large wok or frying pan over a high heat until very hot. Add a splash of oil and swirl to coat the surface evenly (see tips). Add the garlic and ginger and stir-fry for 2-3 minutes until just beginning to colour. Chop the chicken into 2cm pieces, add to the pan and fry for 3-4 minutes until piping hot throughout. Add the spring onions, peppers, beansprouts and broccoli and a splash of water. Stir-fry for another 2-3 minutes until the vegetables are just tender.
4. Add the seasoning sachets and stir-fry for 20-30 seconds, adding another splash of water to stop the spices burning. Add the cooked noodles, spring onions and beansprouts, then stir in the kecap manis.
5. Serve topped with the omelette slices and garnished with lime wedges, fresh chilli and fried onions.

Nutrition

Carbohydrate	24.24 g
Energy	371 kcal
Fat	15.51 g
Fibre	15.51 g
Protein	33.9 g
of which: saturates	33.9 g
Sodium	1290.74 mg
of which: sugars	5.64 g

13 Minutes

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