

45 minutes

Serves 4-6

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Ingredients:

- Salt and milled pepper
- 4 chicken breasts, cut into thin strips
- 2 Tbsp (30ml) cornflour
- ¼ cup (60ml) vegetable oil + extra for noodles
- 4cm knob ginger, cut into thin strips
- ¼ cup (60ml) honey
- ¼ cup (60ml) light soy sauce

Noodles:

- 2 tsp (10ml) sesame oil
- 4 handfuls shredded cabbage
- ½ packet (250g) egg noodles, cooked
- Sesame seeds, for serving

Method:

1. Season chicken and coat in cornflour.
2. Heat oil in a wok or pan and stir-fry chicken over high heat until golden and cooked through.
3. Remove and set aside.
4. Heat ginger, honey and soy sauce in the same wok or pan and reduce until sticky.
5. Toss chicken in sauce. Remove and set aside.
6. Heat sesame oil with extra oil in the same wok or pan and stir-fry cabbage until tender.
7. Add noodles and toss to reheat.
8. Divide noodle mixture into bowls.
9. Serve topped with chicken and a sprinkle of sesame seeds.