

Chicken Chow Mein Tray Bake



Ballarat Health Services

Ingredients

1 tablespoon extra virgin olive oil
250ml (1 cup) salt reduced chicken style liquid stock
80ml (1/3 cup) light soy sauce
80ml (1/3 cup) Chinese rice wine
1 tea spoons lightly packed brown sugar
350g pkt fresh chow mein noodles
800g chicken thigh fillets, fat trimmed, quartered
1 brown onion, cut into thin wedges
1 tablespoon finely shredded fresh ginger
2 garlic cloves, finely chopped
1 green or red capsicum, deseeded, coarsely chopped
2 celery sticks, trimmed, sliced diagonally
2 carrots, peeled, sliced diagonally
1/4 wombok (Chinese cabbage), finely shredded
Sesame oil, to drizzle
Sliced green shallot, to serve
Sliced long fresh red chilli, to serve



Method

Step 1 Preheat oven to 220C/200C fan forced. Pour the olive oil into a large baking dish and place in the oven for 5 minutes to heat.

Step 2 Meanwhile, combine the stock, soy sauce, rice wine and sugar in a jug. Place the noodles in a large heatproof bowl. Pour over enough boiling water to cover. Set aside to soak until required.

Step 3 Add the chicken, onion, ginger and garlic to the preheated dish. Toss to coat. Add the capsicum, celery and carrot. Pour in one-third of the soy sauce mixture. Toss to combine. Bake for 30 minutes or until the chicken is golden.

Step 4 Drain the noodles and add to the dish with the cabbage and remaining soy sauce mixture. Toss to combine. Bake for a further 10 minutes or until the noodles on top are crispy.

Step 5 Drizzle with sesame oil and serve topped with shallot, chilli and coriander.

Save on cleaning up!

Enjoy this one dish wonder

Source: www.taste.com.au