



Honey Mustard Chow Mein

Ingredients:

4 chicken fillets or 8 chicken thighs

4 tbsp honey

4 tbsp wholegrain mustard

4 garlic cloves

2.5 cm piece fresh ginger *

4 tbsp soy sauce

1 tsp salt

3 tbsp siracha sauce (optional)

Cooking oil

Vegetables (a couple of handfuls) such as –

Red onion, yellow pepper, mushroom

To serve

Dried egg noodles

A few sprigs fresh coriander

50 gm salted peanuts (optional)

Method:

Cook the noodles according to the packet instructions.

Cut the chicken into thin strips.

Cut the vegetables into thin strips/slices.



Finely chop or crush the garlic cloves.

Grate the fresh ginger.

Mix all the prepared meat and vegetables together in a large bowl with all the remaining ingredients.

Heat a little cooking oil over a medium heat in a large pan.

When the pan is up to temperature, pour in all the ingredients from the bowl.

Keep over the heat, stirring regularly, until the chicken is cooked through.

Add the cooked noodles and stir through.

To serve, sprinkle with some chopped coriander and chopped peanuts.

NOTE – * You can replace the fresh ginger with ready prepared ginger in a squeezezy tube, or ginger powder.