

A healthier spin on a take-away classic.

EDUCATION SECTOR: PRIMARY
SERVINGS: 10
ALLERGENS: GLUTEN AND EGG



Chinese Chicken with Plum Sauce

Ingredients

FOR THE PLUM SAUCE

600g Plums
200g Onion
120g Carrot
150ml Orange juice
150ml Vinegar
10g Five spice
20g KNORR Professional Garlic Puree
20g KNORR Professional Ginger Puree
10g KNORR Professional Vegetable Powder Bouillon

FOR THE STIR FRY

20ml Oil
600g Chicken thigh, diced
180g Peppers
180g Onions
180g Courgettes
600g Egg noodles



Method

FOR THE PLUM SAUCE:

- Peel the onion and carrots then place into a blender, pour in the orange juice and blitz until smooth.
- Pour the mix into a saucepan and bring to a simmer then cook for 10 minutes.
- Add the five spice, vinegar, KNORR Professional Garlic & Ginger Purees and KNORR Professional Vegetable Powder Bouillon.
- Cut the plums in half, remove the stone, and add to the saucepan then simmer for 20 minutes or until the plums are soft then blitz again until smooth.
- Cover the sauce until needed.

FOR THE STIR FRY:

- Soak the noodles in cold water for 20 minutes or boiling water for 3-4 minutes then drain and set aside.
- Peel and dice the onion.
- Slice the peppers and courgette.
- Pour the oil into a saucepan, add the chicken, and allow to seal all over.
- Add the vegetables and cook for a further 5 minutes then add the drained noodles and sauce.
- Cook for a further 3-4 minutes or until the chicken has reached core temperature.