

Stir-Fry Chicken & Chinese Leaf with Lentil Noodles



Serves 4 Prep 10 mins

Cooking 30 mins

Easy

Ingredients

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| 1 tbsp sunflower oil | 2 tsp fish sauce (or 1 tsp soy sauce + 1 tsp rice vinegar) |
| 2 shallots, thinly sliced | 150ml chicken stock |
| 2 large cloves garlic, thinly sliced (optional) | 275g pack lentil protein noodles (I used profusion) |
| 500g Chicken Mince | 1 pinch/es ground white pepper |
| 1 head Chinese leaf, cut into 1cm slices | 2 tbsp roasted peanuts, crushed |
| 100g green beans, cut into 2-3 lengths | 1 lime, wedges |
| 20g pack Thai basil, leaves only | |
| 1 tbsp light soy sauce | |

1. **Note:** If the lentil protein noodles are dried, you have to cook them first before adding to the dish, Profusion takes about 15 mins in boiling salted water.
2. Heat the oil in a large deep sauté pan or wok. Stir fry the shallots and garlic (if using) for 2 mins, then add the mince and cook for 5 minutes more, stirring regularly until the juices run clear and no pink meat remains.
3. Stir in the Chinese leaf, green beans and most of the basil and cook for 5 mins more, stirring regularly, until the vegetables are tender.
4. Meanwhile, mix together the soy and fish sauces and stock.
5. Add the flavoured stock to the pan with the noodles, stir well, then cover with a lid. Lower the heat and cook for 2-3 mins more until piping hot. Season with salt and white pepper, then scatter with the crushed peanuts and reserved basil. Serve with lime wedges for squeezing over.