

SYDNEY MARKETS  
**Fresh for Kids**

## Broccolini & chicken teriyaki noodles



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Preparation 15 mins | Cooking 10 mins | Serves 4

270g dried udon noodles  
¼ cup salt-reduced soy sauce  
¼ cup mirin  
1 tbs sesame oil  
2 tsp brown sugar  
1 tbs peanut or vegetable oil  
500g chicken breast fillets, cut into bite-sized pieces  
2 bunches broccolini, trimmed and halved  
200g button mushrooms, halved  
3 green onions (shallots), trimmed and sliced  
2 garlic cloves, crushed

**STEP 1** Cook the noodles following packet directions. Drain and rinse well. Set aside.

**STEP 2** To make the stir-fry sauce, combine soy, mirin, sesame oil and sugar in a small jug and whisk to combine. Set aside.

**STEP 3** Heat oil in a wok over high heat. Add chicken and stir-fry for 3 minutes or until browned. Add broccolini, mushrooms, green onions and garlic. Stir-fry for 2 minutes. Add stir-fry sauce and cook for 4-5 minutes or until chicken is cooked through and serve.

### Good for you... **BROCCOLINI**

*An excellent source of vitamin C, one of the vitamins that contributes to the body's immune function. A good source of beta carotene, which the body converts to vitamin A. This vitamin is necessary for the structure and function of our skin and also for normal vision.*



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