

March '22 Recipe Chicken Chow Mein

Ingredients

2 Cups of Chicken Stock
4 Tablespoons brown or white rice
2 Onions chopped
1 Cup chopped celery
1 Cup sliced green beans
1 Cup of chopped carrots
1 Small bok choy
1 Cup of broccoli
2 Teaspoons curry powder
1 Teaspoon Chinese five spice powder
2 Teaspoons grated ginger
450gm steamed chicken pieces
2 Cups noodles

Method

Bring the stock to the boil, reduce heat and add in all of the ingredients except for the chicken and noodles.

Simmer for approximately 15 minutes

Cook the noodles separately and drain well.

Add chicken and noodles to the vegetable and heat through.

Note from Tania

I decided to get on a bit of a health kick recently! I thumbed through a copy of The Liver Cleansing Diet by Sandra Carbot and found this recipe.

It's quick, easy and most of all, really 'clean' tasting food which I enjoy.

This particular recipe serves 6 so perfect for the whole family.

Until next month, enjoy.

TK x