

Maine Arts Camp

Recipe Name: Sesame Honey Chicken Noodles

Chef: Charles Limoggio CEC

Preparation Time:

Servings: 4

Quantity	Unit	Ingredient Name	Prep Notes
½	Teaspoon	Sesame oil	
10	Ounces	Diced boneless skinless chicken breast	
1	Fresh	Red pepper	Diced
2	Fresh	Scallions	Sliced thin
1	Whole	Carrot	Peeled and shredded
2	Teaspoons	Minced garlic	
½	Cup	Chicken stock	
1 ½	Tablespoons	Cornstarch	
2	Tablespoons	Honey	
3	Tablespoons	Reduced sodium soy sauce	
1	Cup	Mixed peas and corn	
5	Ounces	Dried egg noodles or Lo Mein noodles	
1 ½	Teaspoons	Sesame seeds	

Procedure:

1. Heat the oil in a wok and add the diced chicken breast. Fry for 6-7 minutes stirring constantly until the chicken has just about cooked through.
2. Add the red pepper, scallions, shredded carrot and minced garlic and cook for another 2-3 minutes, stirring regularly.
3. Meanwhile cook the egg noodles/lo mein noodles in another saucepan according to the package instructions.
4. In a small jug or cup mix the chicken stock and cornstarch together well and add it to the wok along with the honey and soy sauce.
5. Add in the frozen peas and sweetcorn and cook for another couple of minutes until the sauce has thickened.
6. Drain the noodles and add them to the wok mixing well with the chicken, vegetables and sauce.
7. Serve immediately with a sprinkling of sesame seeds on top.

Notes: