

# Maine Arts Camp

**Recipe Name: Sesame Honey Chicken Noodles**

**Chef: Charles Limoggio CEC**

**Preparation Time: 5 minutes Cook time: 10 minutes**

**Servings: 4**

**Portion Size**

**Yield:**

Quantity	Unit	Ingredient Name	Prep Notes
1 ½	Teaspoons	Sesame oil	
10	Ounces	chicken breast	Diced
1	Medium	Red bell pepper	diced
2	Fresh	Scallions	Sliced thin
1	Medium	Carrot	Shaved with vegetable peeler
2	Teaspoons	Minced garlic	
½	Cup	Chicken stock	
1	Tablespoon	+ 1 ½ teaspoons Cornstarch	
2	Tablespoons	Honey	
3	Tablespoons	Soy sauce	
½	Cup	Frozen peas	
½	Cup	Frozen corn kernels	
5	Ounces	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 until the chicken has just about cooked through.
2. Add the red pepper, spring onions, carrot shavings and crushed garlic and cook for another 2-3 minutes, stirring regularly.
3. Meanwhile cook the egg 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: