



Sweet & Sour Chicken and Sesame Noodles

Categories: Main dishes

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Preparation time: 00:40' - **Servings:** 4

Ingredients

Main

2	8oz/200g chicken breast
50g	sesame seeds
2	eggs
40g	plain flour
2 tbsp	oil
300g	dried noodles soaked in boiling water for 10 mins
1	red pepper
1	yellow pepper
1	green pepper
4	stems of sprouting broccoli
1	thumb of ginger
2	spring onions
1	red onion
1	red chilli

Sweet & Sour Sauce

150g	California prunes
50ml	soy sauce
20ml	rice wine vinegar

20ml	hot water
1 tsp	Chinese 5 spice
1 tbsp	sesame oil

Instructions

Cut the chicken breast horizontally to create 4 thin chicken breast steaks.

Place the flour in a bowl, the sesame seeds in another and the beaten egg in another.

First place the chicken breasts into the flour, then dip in the egg then dip into the sesame seeds before placing on a non-stick baking tray.

Repeat the process for the remaining chicken, then bake for 18 minutes at 180c

Place all the sauce ingredients into a food processor and blend until smooth, then place in a bowl until ready to cook.

Meanwhile chop the vegetables and cook in a wok for 3-5 minutes with the oil. Add the noodles to the wok, followed by some of the sauce. Pour in a few tablespoons of water to help loosen the dish and allow the sauce to coat everything.

Finish the noodles with fresh coriander and fresh chilli before serving on a plate.

Remove the chicken from the oven and slice up before topping the noodle dish.