



Serves: 4

# Prosperity Noodles

## Ingredients

- Yellow flat noodles 500g
- Chicken breast, skinless, sliced 250g
- Chinese cabbage, shredded 50g
- Chye sim, cut into 4-inch pcs, blanched 80g
- Abalone sauce 2 tbsp
- Hot water 500ml
- Garlic, chopped 2 cloves
- Rice bran oil 2 tbsp
- Dark Soya Sauce 2 tbsp
- Sesame oil 1 tsp
- Sugar & pepper, to taste

### Tips:

- Use measuring spoons and cups as helpful kitchen tools that allow you to measure just the right amount of oil and seasonings used in cooking.
- Leaner cuts of meat (e.g. skinless chicken breast, lean pork or beef) are flavourful yet lower in fat. To further enhance their healthfulness, remove visible fat and skin where possible before cooking.
- Vegetables are rich in vitamins, fibre and phytochemicals (beneficial plant substances e.g. carotenoids and flavonoids) that help to lower the risk for some cancers.

## Method

- Heat the oil in a wok. Fry chicken breast with garlic for 2–3 minutes.
- Add in hot water and abalone sauce and cook for 1 minute.
- Add dark soy sauce, shredded Chinese cabbage and yellow flat noodles. Cook for 2 minutes over medium-high heat.
- Add sugar, pepper and sesame oil. Turn to low-heat and stir evenly until the gravy becomes thick.
- Put the chye sim by the side with the noodles. Serve immediately.

### Nutrition Information (Per Serving):

Energy (1 kcal = 4.2kJ) 394kcal

Protein 22.2g

Total fat (g and % of total calories)  
9.4g (21.6%)

Saturated fat 2.3g

Cholesterol 36mg

Carbohydrate 55g

Dietary Fibre 1g

Sodium 597mg