

Chicken and Vegetable Noodle Bowl

This dish you can let everyone help themselves to make their own bowls or you can make them up. Cook the chicken in a pan, in the oven or my favourite way is on the BBQ. Use whatever vegetables that are your favourite. Steamed broccoli or green beans are delicious in this too. This will serve at least for with plenty of left overs.

Ingredients:

Marinade for Chicken

600 to 800grams chicken thigh fillets
1 stalk lemongrass, white part only sliced into pieces that you can pick out later. Or use jar lemongrass
2 cloves garlic, crushed
2 tablespoons lime juice
2 tablespoons fish sauce
1 tablespoon soy sauce
2 tablespoons brown sugar
1 tablespoon vegetable oil

Dressing for the Vegetables

2 tablespoons white sugar
3 tablespoons lime juice
¼ cup fish sauce
4 tablespoons rice vinegar
½ cup water
2 garlic cloves, finely chopped
1 red chilli, finely chopped

Vegetables for the Noodle

Bowl

200 grams vermicelli noodles
½ a lettuce, shredded
1 continental cucumber julienned
½ bunch mint leaves, roughly chopped
½ bunch coriander, roughly chopped
half a red capsicum
2 carrots, grated
12 snow peas, roughly sliced
4 spring onions, finely chopped

Method:

1. The marinade: Combine chicken and marinade ingredients together in a bowl and place in the fridge for 1hour or overnight.
2. Heat 1 tablespoon of oil in a pan or on the BBQ. Cook the chicken until golden brown and cooked through. Remove from pan and take off any large pieces of lemon grass. Let the chicken cool and then slice into thin pieces.
3. The sauce: Combine all the ingredients and leave for the flavours to infuse.
4. The Noodles: Soak the vermicelli noodles in hot water from the kettle for about 3 minutes or according to the packet instructions. Then drain and rinse under cold water to stop them from sticking together.
5. The vegetables: Prepare the vegetables and stated in the ingredients list.
6. To assemble: Either place all the vegetables on a plate, the noodles and chicken in separate bowls. The dressing in a bowl and let everyone serve themselves. Otherwise you can make up the individual bowls (see the lesson plan).