

Chicken Hor Fun

(4 Servings)

Energy: 500 Calories

Ingredients

- 800g wholegrain hor fun (broad flat rice noodles)
- 200g chye sim (Chinese flowering mustard)
- 4 tsps oil*

Chicken Breast

- 400g chicken, skinless, simmered in 600ml chicken stock and shredded

Sauce/Gravy

- 20g rock sugar, small chunks
- 3 tbsps oyster sauce
- 600ml water
- 1 tbsp dark soya sauce
- ½ tbsp. tomato sauce
- 25g corn flour for thickening

Mushroom (braised)

- 50g shitake mushroom soaked until soft
- 1 tbsp light soya sauce to taste
- 2-3 chunks of rock sugar
- 600ml chicken stock (same stock used to cook chicken breast)

Method

1. Add mushrooms and the rest of the ingredients into a pot. Simmer until soft. When cool, slice mushrooms and set aside
2. To make the gravy, cook all the ingredients in a pot and thicken with corn flour mixed with a little water. Set aside.
3. Blanche hor fun in boiling water. Drain and set aside.
4. Blanche chye sim in boiling water. Set aside.
5. Put oil and gravy in a serving plate or bowl, and hor fun and toss well. Top with sliced mushroom, chye sim and shredded chicken. Serve hot.