

Together We Can
Healthy Recipes Made Easy

Chinese

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Recipes

1. Ten minute Chinese Chicken Noodles
2. Hot Sweet and Sour Noodles
3. Oriental Beef with Rice
4. Vegetable Stir-Fry



A selection of popular household recipes for you to choose from and try at home whether cooking alone, with friends or family.

Save yourself time, money and calories by trying these and giving the takeaway a miss one night.

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Ten-Minute Chinese Chicken Noodles

Stir-frying is a quick and healthy method of cooking. Only a small amount of oil is used, and the short cooking time ensures that the vitamin content of the food is not depleted. Always ensure you buy the *Reduced salt* Soy Sauce, and only use a small amount, to reduce sodium in your diet and keep your heart healthy. You can use other vegetables such as peppers or mushrooms if you can't get hold of mange tout peas.

Serves 3-4

Ingredients

- 1 tsp Olive oil
- 1 boned and skinned chicken breast (about 125g/ 4oz), finely sliced
- 1 bunch of spring onions, sliced
- 100g (3 ½ oz) mange tout peas, trimmed and halved
- 1 red chilli, finely chopped or 1 tsp chilli powder
- 1 tbsp Reduced salt soy sauce
- 75g (2 ½ oz) cooked ham, chopped
- One nest of egg-thread noodles per person

Method

1. Heat the oil in a non-stick frying pan or wok, add the chicken pieces, and stir-fry for 2-3 minutes
2. Add the spring onions, mange tout, and chili, and continue to stir-fry for 2 minutes. Stir in the soy sauce and ham.
3. Meanwhile, cook the noodles. Drop them into a large saucepan of boiling water, reduce the heat, and simmer for 3-4 minutes. Drain well.
4. Toss together the noodles, and chicken mixture, turn into a warmed serving bowl, and serve immediately.

Each serving provides: Calories- 438, Protein-30g, Carbohydrate-63g, Fibre- 3g, Total fat- 9g, Saturated fat-2g.

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Hot Sweet and Sour Noodles

Very low fat and VERY tasty...

Ingredients)

- 1 nest of standard thin quick egg noodles
- 1 tsp vegetable bouillon powder
- 1 small carrot thinly sliced
- 2-3 spring onions
- ½ tsp ground ginger
- 6 sugar snap peas
- ¼ red chilli

For Paste

- 2 tsp soy sauce
- ½ lime juice
- ½ tsp soft brown sugar
- Ground black pepper
- Hot water

Method

1. Add the dry noodles to a heatproof pot; add vegetable powder, carrot, spring onions, ginger, peas and chilli.
2. Add hot water to pot then add paste and stir. Leave to stand for 6-7 mins.

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Oriental beef with rice

Ingredients

- 2 ½ cups water
- 1 ½ cups of long grain rice
- 2 onions
- 2 large carrots
- 2 cloves garlic
- 2 tablespoons of veg oil
- 2 cups brocolli pieces
- 3 teaspoons of cornflour
- ½ cup water
- ¼ cup honey
- ¼ cup soy sauce
- ½ teaspoon beef stock powder
- 1 teaspoon seasamie oil
- 500g beef strips.

Method

1. cut onions, slice carrot and crush garlic
2. heat wok with ½ the veg oil, fry onion , carrot and garlic, add brocolli and stir fry for a further 2 mins
3. put mix in a large bowl, put in the cornflour in a jug add the ½ cup water then stir in honey, soy sauce, stock powder and sesame oil mix together
4. stir fry the beef in the wok, pour honey mixture over beef until it thickens slightly add the vegetables until everything is hot and serve

You can get beef strips from the butcher or use any boneless beef that's suitable for stir frying.

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Vegetable Stir-Fry

Ingredients – serves 4

Oil

- 4oz green beans cut into short lengths
- 2 carrots cut into batons
- 1 large courgettes cut into thin batons
- 4oz mushrooms sliced
- 8 spring onions cut into short lengths
- 4 oz beansprouts
- 1 red pepper sliced into batons
- 1 green pepper sliced into batons
- 1 tbsp oyster sauce
- 3 tbsp dark low salt soy sauce
- 3 tbsp Chinese rice wine (optional)
- 2 tbsp chopped fresh coriander

Method

1. Heat the oil over a high heat, add the green beans and stir-fry for 2 minutes. Add the carrot, courgette, peppers and mushrooms, stir-fry for a further 2 minutes. Add the sliced onion with the beansprouts and stir-fry for a further minute.
2. Add the soy sauce, rice wine, oyster sauce and cook stir continually.
3. Add the noodles and the chopped coriander.

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