

Recipe: Oriental Bee Hoon

Main dish

Indulge in this plate of flavourful red rice vermicelli stir-fried with a medley of vegetables.

Preparation time: 20 minutes

Cooking time: 10 minutes

Serves 30 children

Ingredients

- 2 tablespoons canola oil*
- 3 eggs, beaten
- 180 g red onion, sliced
- **Ingredients A:**
 - 1kg chicken breast, sliced
 - 500g cabbage, thin sliced
 - 300g carrot, julienned
 - 200g dried sliced mushrooms, soaked, drained
- **Ingredients B:**
 - 1600g red rice vermicelli (bee hoon), dried*
 - 150g tomato sauce*
 - 60g oyster sauce*
 - 60g light soy sauce*
 - 30g dark soya sauce*
 - 250 ml water
- 3 teaspoons of sesame oil*



Nutrition Information

(Per serving): 160 g

Energy 241 kcal

Protein 10.3 g

Total fat 2.5 g

Saturated fat 0.6 g

Carbohydrates 44.5 g

Dietary fibre 2.8 g

Sodium 265.5 mg



* Choose products with the Healthier Choice Symbol

Method

1. Heat up wok with little oil, fry egg, shred thinly and set aside.
2. Heat up wok with remaining oil, fry onion until fragrant.
3. Add in ingredients A and stir fry until chicken is cooked.
4. Add in ingredients B and stir fry to mix evenly. Cover for 3 minutes.
5. Add shredded egg and sesame oil and stir fry to mix evenly.

Tips:

- Add in minced garlic when frying onion for more fragrance.
- The chicken breast can be steamed / boiled ahead, then shredded and kept chilled until ready to use, to reduce cooking time.

Cost Per Serving: \$ 0.80