Recipe: Oriental Bee Hoon

*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*

* 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.

**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

*Cost Per Serving: $ 0.80*