



### Green for Go Local

.....  
 Ingredients in **green** =  
 locally grown or produced



**Garlic**



**Onion**



**Carrot**



**Sweet Pepper**



**Broccoli**



**Chicken**

# Chicken & Veggie Noodle Stir Fry

By Jenny & Rosie with Chris Wong & Indira Persaud

Serves 4-6

## Ingredients

### For Noodles:

2 tsp (10 mL) Salt  
 ¾ lb (340 g) Whole wheat spaghetti, soba, chow mein or brown rice noodles

### For Sauce:

⅓ Cup (85 mL) Low-sodium soy sauce  
 2 Tbsp (30 mL) **Honey** or brown sugar  
 2 Tbsp (30 mL) Sesame oil  
 2 Tbsp (30 mL) Oil  
 1 tsp (5 mL) **Apple cider vinegar** or white vinegar  
 2 Tbsp (30 mL) Hoisin sauce  
 2 Tbsp (30 mL) Sweet chili sauce  
 1 Tbsp (15 mL) Ginger, grated (optional)  
 2 cloves **Garlic**, minced

### For Vegetables & Chicken:

1 bunch **Broccoli**, cut into florets (including the peeled, chopped stems)  
 1 **Sweet pepper** (any colour), cut into thin strips  
 2 large **Carrots**, grated  
 1 lb (454 g) Ground **chicken** or boneless **chicken**, cut into strips  
 2 Tbsp (30 mL) Oil

## Directions

*Note:* Wash all produce well.

1. In a large pot of salted boiling water, cook the noodles until tender. Drain and return to the cooking pot to keep warm.
2. Meanwhile, combine the soy sauce, brown sugar, sesame oil, 1 Tbsp oil, vinegar, hoisin sauce, sweet chili sauce, ginger (optional) and garlic in a small pot and bring to a simmer. When the noodles are ready, toss them with the sauce in the cooking pot.
3. In a large pan over high heat, stir-fry the broccoli in batches until bright green and crisp-tender, adding oil as necessary. Add the broccoli to the noodles as it's cooked along with the carrots and peppers.
4. Cook the chicken in 1 Tbsp oil in a large pan over medium-high heat until cooked through. Add to the noodle-vegetable mixture and toss to combine thoroughly.



## Create Your Plate!

### Veg It Up

Add cabbage, peas, tofu, bean sprouts, green beans, sliced radishes, mushrooms or corn for extra colour, fiber and flavour.

### Ideas for Toppings & Sides

Put a variety of options for toppings and/or sides on your table for your family to "choose your own adventure," salad bar-style.

- ★ Sauces: Plum, hoisin, sriracha, sweet chili
- ★ **Cucumber**
- ★ **Spinach**
- ★ **Pea shoots**
- ★ **Any type of sprouts**
- ★ **Radish**
- ★ **Green onion**
- ★ **Peppers**
- ★ **Corn**
- ★ **Beans**
- ★ **Mushrooms**
- ★ **Fresh cilantro**
- ★ Toasted sesame, sunflower or pumpkin seeds
- ★ **Fried tofu**
- ★ **Fruit**

## Note from the Authors

"It's nice to take a trip around the world and include imported fruit when there is less variety of local fruit in winter months."

- Jenny & Rosie



Cucumber



Spinach



Pea Shoots



Sprouts



Radish



Green Onion



Peppers



Corn



Beans



Mushrooms



Cilantro



Tofu



Fruit