

Threads of Goodness



Fried Rice Vermicelli with Chicken

Serves 4

Ingredients

300g rice vermicelli (beehoon), soaked, drained
 3 cloves garlic, chopped
 500g bean sprouts
 3 stalks spring onion, cut into 2-inch lengths
 1 chicken breast, skin removed, cut into slices
 ½ tsp cornstarch
 3 tbsp corn oil

Seasoning

3 tbsp light soy sauce
 1 tbsp sweet sauce
 4 tbsp water
 1 tbsp sugar
 1 tsp white pepper powder

Method

1. Coat chicken meat with cornstarch and set aside. In a bowl, mix all seasonings together and set aside.
2. Heat up a wok and add in corn oil.
3. Add in garlic and stir-fry until light brown.
4. Add in chicken and stir-fry until chicken meat is half done.
5. Put rice vermicelli in and then follow by the seasonings, stir continuously to mix well.
6. Continue to stir-fry for 2-3 minutes or until noodles turn dry.
7. Add in the bean sprouts and spring onion. Stir-fry for another minute or until the bean sprouts are cooked.
8. Dish out and serve hot.

Tips

You can substitute chicken with pork, beef or seafood or you can have a combination of them.

Rice vermicelli can be replaced with other types of noodle such as yellow noodle, egg noodle, glass noodle (tang hoon), rice noodle (kueh teow).

Nutrient Analysis Per Serving

Energy	325 Cals
Carbohydrate	35g
Protein	16g
Fat	13g
Saturated fat	2.0mg
Cholesterol	18g
Dietary fibre	4.2g
Sodium	1099mg
Carbohydrate Exchanges	2.5 exchanges