**OVERALL time: 30 mins**

# Ginger Chicken & Broccoli Noodles

Made with a squeeze of our NEW Ginger Liquid Seasoning, this Ginger Chicken & Broccoli Noodles dish is loaded with real ginger flavour - no peeling, chopping or sticky fingers required.  Simply drizzle, toss and cook for a quick weeknight win that doesn't skimp on taste.

Metric

**Number of servings : 4**

## ingredients

**For the noodles**

- 250 g egg noodles or noodles of choice
- 3 Tbsp sesame oil
- 2 large chicken breasts, sliced into strips
- 250 g tenderstem broccoli
- 4 large carrots, peeled and thinly sliced
- 4 Tbsp soy sauce
- 2 Tbsp honey
- 3 Tbsp **Cape Herb and Spice Liquid Ginger**
- 4 large spring onions, sliced
- Handful fresh coriander, roughly chopped
- 4 Tbsp roasted & salted peanuts, chopped

**To Taste**

- **Cape Herb and Spice Salt & Pepper**

## THIS IS WHAT YOU WILL NEED TO DO

**PREP TIME: 15 mins | COOKING TIME: 15 mins**

Cook noodles according to package instructions in boiling water.
Drain and set aside.

*If necessary - slice some of the tenderstem broccoli in half. You want them all equally sized so that*

*they cook at the same rate.*

Heat a wok or a large saucepan over high heat.
Add the sesame oil and once hot, add the chicken.
Season well with salt and pepper and stir fry rapidly around the pan for 2-3 minutes.

Add the broccoli and carrots and cook for a further few minutes.
Pour in the soy sauce and honey and toss everything together well.

When the vegetables are just about tender and the chicken is cooked through, drizzle in the **Cape Herb & Spice Liquid Seasoning Ginger**.
Add the cooked noodles to the pan along with the spring onions and toss everything together thoroughly.

Sprinkle the dish with coriander and peanuts and serve piping hot straight away.

*Top tip: For extra flavour and a spicy kick add a squeeze of Cape Herb & Spice Liquid Seasoning Garlic and Chilli.*

https://www.capeherb.co.za
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