KIKKOMAN

Bami Goreng with prawns

Total time **25 mins** **25 mins** preparation time

Nutritional facts (per portion):
2,198 kJ / 525 kcal

INGREDIENTS

4 portion(s)

1 tsp	sambal oelek
3 tbsp	Kikkoman Teriyaki Wok Sauce with Roasted Garlic
4 tbsp	vegetable or sunflower oil
2	carrots, cut into matchsticks
0.5	red pepper, deseeded and sliced
100 g	mange tout, halved lengthways
4	spring onions, chopped
1	chicken breast or twice as many chicken thighs, boned and cut into small pieces
100 g	frozen peas
225 g	egg noodles, cooked
200 g	cooked peeled prawns
1	large egg, beaten
2 tbsp	roasted salted peanuts, coarsely chopped
	Kikkoman Naturally Brewed Soy Sauce

PREPARATION

Step 1

Mix together the sambal oelek and Teriyaki sauce with roasted garlic.

Step 2

Heat 2 tablespoons oil in a wok and stir-fry the carrots and pepper for 2 minutes. Add the mange tout and spring onions and stir-fry for a further 2 minutes. Remove and set aside.

Step 3

Add another tablespoon oil to the wok and stir-fry the chicken for 2 minutes. Add the stir-fried vegetables plus the peas, noodles and prawns and pour in the garlic mixture.

Step 4

Toss over the heat for 3-4 minutes or until piping hot. Transfer to a platter and keep warm.

Step 5

Heat the remaining oil in a small frying pan and cook the egg until set. Cut into strips and pile on top of the noodle mixture. Serve with the peanuts scattered over and drizzled with soy sauce.