



— Chicken Bee Hoon —

Ingredients

Beehoon & chicken

- 300 g dried brown rice bee hoon, boiled and drained
- 200 g chye sim (Chinese flowering mustard), blanched
- 400 g chicken breast, skinless, simmered in 600ml chicken stock and shredded
- 4 tsp sesame oil

Mushroom (braised)

- 50 g shitake mushroom, soaked until soft
- 1 tbsp light soya sauce
- 2-3 small rock sugars
- 600 ml chicken stock (same stock used to cook chicken breast)

Gravy

- 600 ml chicken stock (same stock used to cook chicken breast and mushroom)
- 3 tbsp oyster sauce
- 1 tbsp dark soya sauce
- ½ tbsp tomato sauce
- 25 g corn flour (mix with 2 tbsp of water)

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Method

- In the pot with the same stock used for the chicken breast, add mushrooms, soy sauce, and rock sugar. Simmer until soft then remove the mushrooms, set aside.

- To make the gravy, add the rock sugar, oyster sauce, dark soy sauce, tomato sauce and corn flour mixture to the same stock in the pot and stir.

Assembly

- Divide the oil and gravy into 4 serving plates, add brown rice bee hoon and toss well. Top each serving with sliced mushroom, chye sim and shredded chicken.

- Garnish with sliced red chilli. Serve hot.

Nutritional Information

Energy

Total servings

2000 kcal

Per serving

500 kcal

