



— Chicken Bee Hoon —

## Nutritional Information

## Energy

## Cost of Total Servings

## Cost Per Serving

### Total servings



2000 kcal

\$9.15

\$2.30

### Per serving



500 kcal

## Ingredients

### Beehoon & chicken

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

### Mushroom (braised)

- 50g 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
- 25g corn flour (mix with 2 tbsp of water)

## 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.

