## **INGREDIENTS**

1 pack Singapore noodles (Brett used trident)

4-5 cloves garlic (chopped)

200g chicken breast or thigh (cut into 1 cm thick slices)

1 capsicum (diced)

1 tsp oyster sauce

1-2 tbsp soy sauce

1 tsp fish sauce (optional)

Pinch sugar

1/2-1 tsp ground white pepper

Water (as needed if too salty)

**TO SERVE** 

1/2 cup coriander (finely chopped)

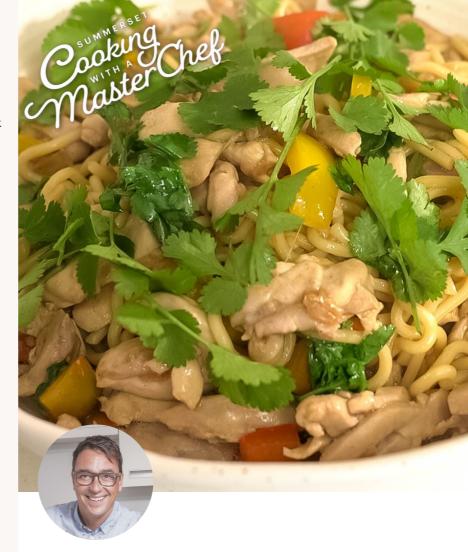
## INSTRUCTIONS

- Empty pack of noodles into a bowl, cover with boiling water, loosen and leave for 1 minute.
  Drain the water and rinse noodles under cold water. Set aside for later
- 2. Heat a tablespoon of oil in a wok or frying pan over high heat. When hot, add the garlic and cook until nicely caramelised
- 3. Add a good pinch of white pepper
- 4. Add the chicken and combine, increase heat, add another pinch of pepper, add capsicum and stir fry for 3 minutes
- 5. Then add the oyster sauce, soy sauce, fish sauce, and remaining white pepper
- 6. Finally add the noodles, combine and wilt through some of the coriander
- 7. Top with fresh coriander to serve

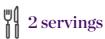
## TOP TIP

For a bit of extra magic...

- 1. In a small pot or wok, add 4 garlic cloves and just enough oil to cover the garlic
- 2. Fry garlic over low heat (gentle bubbling) until the garlic turns golden brown and the bubbling has mostly stopped, about 5 minutes
- 3. Drain garlic from oil, reserving the oil
- 4. Sprinkle over the fried garlic just before serving



## Garlic & Pepper Chicken





Change things up from rice with this super quick one-pan noodle chicken stir fry!

With just a little spice kick from the white pepper, this dish is sure to become a firm favourite with the whole family...and who doesn't love garlic (what are face masks for if not to mask some garlic breath?!) - Enjoy



