

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

1. 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



2 servings



15 minutes

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