



Crispy Sesame Chicken Strips

NIBBLEDISH CONTRIBUTOR

Ingredients

For 2:

1 large chicken fillet, cut into strips
1 large portion instant egg noodles
Half a courgette, cut into matchsticks
Small carrot, cut into matchsticks
Half a small onion, sliced
3 tbsp sesame seeds
3 tbsp breadcrumbs
2 tbsp flour
1 egg, beaten
soy sauce
oyster sauce
sesame oil

Instructions

- 1) Cook the noodles according to the instructions. Drain, rinse with cold water and toss generously with sesame oil.
 - 2) Mix the breadcrumbs and sesame seeds together.
 - 3) Roll each of the chicken strips in flour, dip in egg, then roll in the breadcrumbs and sesame seeds.
 - 4) Fry the coated chicken over a low heat, turning regularly. Transfer to a plate and cover to keep warm.
 - 5) Stir fry the vegetables for 5 minutes, then add the noodles. Add some soy and oyster sauce to taste.
-

6) Return the chicken to the pan for a few more minutes before serving.