# Colourful chicken san choy bow

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Looking for fresh lunch ideas? This delightful chicken san choy bow is a must-try.

Most grocers and supermarkets nowadays sell mixed stir-fry vegie packs in the refrigerator section. Opt for ones that contain a rainbow of veg, including kale, carrot, capsicum, zucchini or kohlrabi, onion and colourful cabbage. You should have about 5 cups of veg in total.

Ingredients (serves 4)

- 50 g black bean or soba noodles, broken into 2 cm pieces
- 4 tbsp almond oil
- 1 tbsp sesame oil
- 500 g chicken mince
- 100 g fresh shiitake mushrooms, chopped finely
- ¼ cup cashews, chopped roughly
- 5 cups finely shredded stir-fry veg (see note above)
- 2 tbsp tamari
- 1 tsp ginger powder or freshly grated ginger
- 1 tbsp sesame seeds
- 2 baby cos lettuces, leafed, to serve

**Method**

Cook black bean or soba noodles according to packet instructions, drain and set aside.
Heat almond and sesame oil in a large frying pan set over high heat. Add chicken and using a wooden spoon, break up the chicken into small pieces while stirring, cook for 5 to 6 minutes or until the chicken is mostly cooked, transfer to a large bowl and set aside. To the same pan add mushrooms and cashews, cook for a minute. Then add vegies, tamari, ginger and sesame seeds. Stir-fry for 2 to 3 minutes before adding noodles and mixing well. Return the mince to the pan and mix everything to combine. Serve the mince in the pan communal style with lettuce leaves on the side to use as edible bowls.

Words, recipes and images: Martyna Angell.

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