

RFSS Recipes 2026

Our Healthy Dish Recommendations

Mr Fox's Healthy Chicken Chow Mein

Ingredients:

- 800ml chicken stock, made with 1 chicken stock cube
- 460g chicken breast fillet portions
- 3 nests of medium egg noodles
- 2 tbsp olive oil
- 2cm piece fresh root ginger, peeled and finely sliced
- 2 cloves garlic, sliced
- 1 tsp Chinese five spice
- 1 red chilli, washed and finely chopped
- 300g mixed pepper stir-fry
- 200g mange tout, sliced lengthways
- 100g spring onions, trimmed and sliced on the diagonal
- 1 tbsp light soy sauce

Method:

- Put the stock in a large pan, then place over a medium-low heat and bring to a gentle simmer. Add the chicken and cook for 15 minutes until cooked through with no pink remaining. Remove with a slotted spoon, leaving the stock in the pan. Use two forks to shred the chicken and set aside.
- Add the noodles to the pan of stock and simmer for 3-4 minutes until just tender. Drain, reserving 300ml stock.
- Heat the oil in a wok or large frying pan. Add the ginger, garlic, five spice and chilli and stir-fry for 1 minute. Add the mixed pepper stir fry, mange tout and spring onions. Stir-fry briskly for a further 3 minutes. Add the shredded chicken, noodles, soy sauce and reserved stock. Heat through for 1 minute, then serve.

