

# USASA

# BUDGET BITES



## Chinese Bolognese

Approx. Per Serving  
(Assuming 4 Servings):

Calories: 839 calories

Protein: 41g

Carbohydrates: 57g

Fat: 33g

Follow along with the video!



## Ingredients

3 tbsp sunflower oil (plus extra for noodles)  
½ onion, thinly sliced  
2 garlic cloves, finely chopped  
1 ½ tsp ginger, finely chopped  
500g chicken, coarsely minced  
1 tsp caster sugar  
Salt to taste  
½ tsp pepper  
100 ml water  
1 tbsp hoisin sauce  
3 tsp Chinese dark soy sauce  
4 packs instant noodles

## Optional toppings

2 Lebanese cucumbers, halved, seeded,  
and cut into thin batons  
Sriracha sauce  
Toasted sesame seeds

## Method

1. Heat sunflower oil in a wok over medium-high. Add onion and cook until translucent.
2. Add garlic and ginger, stir-frying until fragrant.
3. Add the minced chicken, stir-frying until browned.
4. Add sugar, a pinch of salt, and pepper, mixing until the sugar dissolves. Pour in water, hoisin sauce, and dark soy sauce. Cook until the liquid reduces slightly.
5. Continue to simmer the mixture, stirring occasionally until the chicken is tender and the sauce thickens and clings to the meat.
6. Meanwhile, boil the noodles until al dente, then drain and toss with a bit of oil.
7. Place noodles in bowls, top with the chicken mixture.
8. \*Optional\* Add cucumber batons, sesame seeds and sriracha if desired.