

Chicken Chop Suey

Chicken Breasts
3 TSPS Garlic
1 Medium onion
2 cups of peas
2 carrots finely chopped
¼ cup soy sauce
1x packet Vermicelli

Method:

Break vermicelli into shorter lengths and place in a bowl and cover with boiling water. Leave them until they are soft then drain the water out.

In a pan fry the onion and chicken until golden brown, add garlic, carrots and peas, cook a further 10 minutes.

Add vermicelli and stir through.

Serve into dishes.