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Step 3: Sauté in oil over  
medium heat for about 5

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minutes or until browned on  
all sides (shaking the pan  
as needed to cook all  
sides). Step 4: Finish  
baking in the oven for about  
15 minutes or until crispy  
and golden brown. Mmmm, yes,  
please. Now what to do with

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When used on a wok-burner, woks allow the flame from the stove to travel up the sides of the pan, heating it evenly and giving you tons of surface area to work with. Most western home burners are engineered to

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evenly heat flat-bottomed  
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pans and don't put out  
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nearly enough energy to heat  
the sides of a wok.  
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This chicken ramen stir fry is tender, springy ramen noodles with chicken and broccoli in a sweet and savory sauce. It tastes better than take-out, has less than 400 calories, and comes together in about 20

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Just one plate can easily  
set you back over 1000  
calories! Swapping dark meat  
for white meat, lightly wok  
sauteeing in place of deep  
frying, and cutting out the  
extra sugar, since hoisin is  
sweet enough, worked out



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great.  
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**Best Chop Suey Recipe - Easy  
Delicious Veggie Stir-fry**

Transfer wok/pan ingredients  
to an 8 x 11 casserole dish  
or baking dish. Crack 4 eggs  
on top of the casserole,

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spacing them out evenly.  
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Electrical and Electronic  
Equipment (WEEE) and waste  
batteries must never be  
placed in your waste  
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recycled materials and  
recyclable and contains a  
plant-based non-stick which  
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