



Stir-Fried Chicken Noodles

Serves 2 (each serving contains approximately 520 kcal)

PROUDLY SUPPORTING
OPERATION TRANSFORMATION 2021



Ingredients

- 1 small red onion
- 1 garlic clove
- 1 red pepper
- 200g green beans
- 1 carrot
- 2 skinless and boneless chicken fillets
- 100g dried wholewheat noodles

- 2 tablespoons tomato ketchup (30g)
- 2 tablespoons sweet chilli sauce (30g)
- 2 tablespoons reduced sodium soy sauce (30g)
- 2 teaspoons rapeseed oil (10g)
- 1 tablespoon water (15g)
- 50g beansprouts

Method

Cut the red onion in half, then peel and thinly slice. Trim the garlic, then peel and finely grate. Remove the core from the red pepper, then thinly slice. Trim the green beans and cut each one in half. Peel the carrot and cut into very thin slices on the diagonal.

On a clean chopping board, cut the chicken into strips.

Place the noodles in a pan of boiling water and cook for 4 minutes or according to packet instructions. Drain in a colander.

To make the sauce, add the tomato ketchup to a bowl and stir in the sweet chilli sauce and soy sauce.

Heat a wok or large frying pan over a high heat. Add the oil and swirl up the sides.

Add the onion and garlic and stir-fry for 2 minutes.

Add the chicken to the wok and cook, tossing constantly for 3-4 minutes until the chicken is golden brown. Add the red pepper, green beans and carrot and stir-fry for 2 minutes. Sprinkle over the water to help steam-fry the vegetables and prevent the food from sticking. Stir in the garlic and cook for another 20 seconds.

Add the drained noodles to the wok and then pour in the sauce and add the beansprouts. Toss together over a medium heat until everything is heated through. Test that the chicken is cooked through with a small sharp knife. The juices should run clear.

Divide the Stir-Fried Chicken Noodles between bowls to serve.