



KCAL:
633

CARB:
78g

PRO:
43g

FAT:
17g

Chicken stir fry with noodles

High pro High carb Dinner



By Adam Lloyd

Prep: 10 min

Cook: 15 min

Fresh: 1 days

Beginner

Ingredients for 1 Portion(s)

1 average breast Chicken breast	75 g Egg noodles, dried	1 small Brown onion
½ whole, medium Red pepper	1 small, whole Carrots	10 single Mange-tout
1 tablespoon Olive oil	1 tablespoon(s) Soy sauce, light and dark varieties	1 level teaspoon Honey
1 clove(s) Garlic	1 teaspoon Fresh ginger	

Method

Peel then finely chop the garlic and ginger. Add the garlic, ginger, honey and soy sauce to a bowl and mix well.

Cut the chicken breast into 1cm cubes.

On a clean chopping board, peel then finely slice the onion. Chop the carrot into match sticks. Remove the seeds from the red pepper then slice into thin strips. Wash the mange-tout and slice in half lengthways.

Heat oil in a wok or skillet, then add the chicken. Cook for 5 to 7 minutes until chicken is white throughout.

Use a wooden spoon to push the chicken to one side of the pan. Add the onion, carrot, red pepper and mange-tout along with the soy sauce, honey, garlic and fresh ginger. Cook on a high heat for 3 to 5 minutes.

In the meantime, cook the noodles according to packet instructions.

In a bowl, serve the chicken stir fry on to a bed of noodles. Add hot sauce / sriracha sauce for an extra kick.

