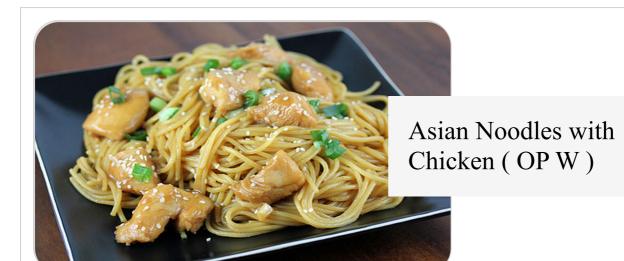


C-2, HIRA MANEK, OPP BMC MARKET, BAPISTA ROAD Vile Parle (West), Maharashtra, India, 400056 +91-9820577553 eatfit24by7@gmail.com



Serving: 1 Non Veg

Ingredients

- 30 grams whole wheat noodles
- 100 grams, skinned, boneless & chopped chicken
- 2 tbsp chopped spring onion greens
- 1 tsp peeled & grated ginger
- 1-2 cloves garlic, minced
- 1/2 tsp hoisin sauce
- 1/2 tsp vinegar
- 1 tsp sambal olek paste (readily available in the market)
- 1 tsp sesame oil
- 1 tbsp chopped coriander leaves

Preparation Method

- 1. Boil the noodles in enough water till cooked, remove from hot water and keep aside.
- 2. Heat oil in a wok on high flame, add ginger, garlic and cook for less than a minute, stirring continuously.
- 3. Add chicken breasts, spring onions, coriander leaves and saute for a minute.
- 4. Add soya sauce, vinegar, hoisin sauce and sambal olek paste. Mix well and stir continuously.
- 5. Add the cooked noodles in the wok and sauté for a few minutes.
- 6. Garnish with coriander and serve hot.