**Chicken Noodles**

Prep time: 30 min Cook time: 30 min

**Ingredients:**

* 1 whole wheat noodle pack
* 250 gms boneless chicken, cut in thin strips
* 1 tbsp corn starch
* ½ cup cabbage, chopped
* ¼ cup French beans, chopped
* ¼ cup bell peppers thinly chopped
* 1 carrot peeled and thinly chopped
* 1 onion, thinly chopped
* ¼ cup spring onion, chopped
* 3 eggs, beaten in a bowl
* 3 tbsp sunflower oil
* 1 tbsp soya sauce
* 1 tbsp white vinegar
* 1 tbsp minced garlic
* 1 green chili, minced
* ½ tsp pepper powder
* 1 tsp garam masala
* Low sodium salt to taste

**Instructions:**

1. In a bowl, marinate the chicken with pepper powder, salt, corn starch, soy sauce, and garam masala. Let it sit for 30 minutes.
2. In a large pot, boil 6 cups of water. Add the noodles and cook according to the package instructions.
3. Drain the noodles in a colander, rinse with cold water, then toss with 1 tbsp oil to prevent sticking. Set aside.
4. Heat 2 tbsp oil in a pan, add garlic, and sauté for 1 minute. Add the marinated chicken and fry until fully cooked. Remove the chicken and set aside.
5. Add 1 tbsp oil to the pan, then add onion, chili, carrot, bell pepper, cabbage, and beans. Stir-fry for 2 minutes.
6. Return the cooked chicken to the pan and stir-fry for another 2 minutes.
7. Add the noodles, salt, soy sauce, vinegar, and ground pepper. Mix well and stir-fry for 2 more minutes.
8. Garnish with spring onions and adjust salt if needed.
9. Serve hot