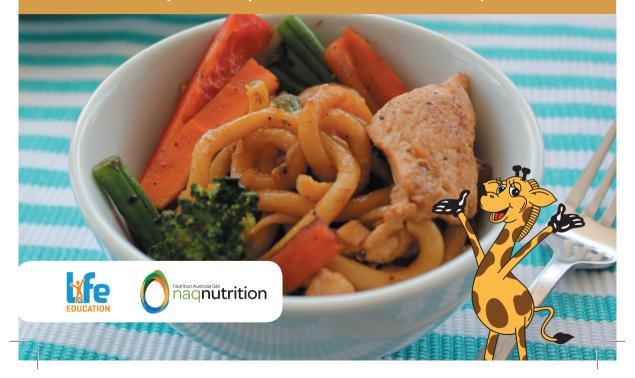
Speedy Noodle Stirfry



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SERVES 4



- 500g chicken breast, thinly sliced into strips
- · 2 teaspoons crushed garlic
- · 1 teaspoon crushed ginger
- · 1 brown onion
- · 2 carrots
- · 100g beans
- · 1 small head broccoli
- · 1 red capsicum
- · 400g packet hokkien noodles
- · 1 tablespoon vegetable oil
- · 2 tablespoons sweet chilli sauce
- 2 tablespoons salt reduced soy sauce



- 1. Place chicken strips in a bowl and stir through garlic and ginger.
- 2. Chop onion, carrots, beans, broccoli and capsicum and set aside.
- 3. Place noodles in a bowl and pour boiling water over them to soften. Drain water and separate the noodles (be careful they may be hot).
- 4. Heat oil on medium to high heat in a large fry pan or wok.
- 5. Add the marinated chicken and cook through. Remove from pan.
- 6. Add onion and cook until soft.
- 7. Add all other vegetables and cook for a few minutes until they begin to soften.
- 8. Add the noodles, return chicken to the pan and add sauces.
- 9. Cook stirring for a few minutes to heat the noodles through.



RECIPE NOTES

- To save time chopping, use pre-cut stir fry vegetables.
- Using a rainbow of vegetables in a stir fry looks great and gives you a great boost of nutrients.

Gluten free option

- Swap hokkien noodles for rice noodles
- Choose gluten free