

Speedy Noodle Stirfry



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SERVES 4



INGREDIENTS

- 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

METHOD

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 sauces