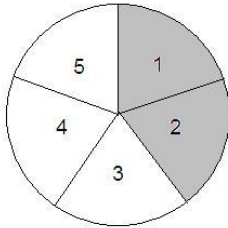


Oriental Chicken Stir Fry

Serves 4

Portions of fruit & vegetables per serving: 2



Hob needed



Allergen information:

Allergens are in bold.

Contains cereals
containing gluten

Contains soya

May contain egg

Ingredients	Amount	Preparation
noodles	125g (5 oz)	
vegetable oil	1 tablespoon	
garlic	2-4 cloves	crushed or chopped finely
ginger (fresh or powder)	1 teaspoon	chopped if fresh
chicken breasts	3 fillets	cut into cubes
carrots	2 medium	thinly sliced
mange tout	100g (3½ oz)	cut into strips
mushrooms	6 medium	sliced
onion (white or red)	1 medium	thinly sliced
spring onions	5	sliced
sweet peppers	2-3 medium	sliced into strips
soy sauce	1 tablespoon	
red chilli pepper (optional)	1-2	seeds removed and finely chopped
lemon grass (optional)	1 stick if fresh or 1 teaspoon	

Please Turn Over

Method

- 1 If you are using dried noodles cook them following the packet instructions. When cooked rinse and drain the noodles ready to add to the stir-fry when needed.
- 2 Meanwhile, heat the oil in a wok or large frying pan, add the ginger, garlic, chilli, lemon grass (if using) and chicken and stir-fry until cooked (about 7 minutes).
- 3 Add the vegetables and stir-fry together until the vegetables are tender (about 5 minutes).
- 4 Add the noodles and soy sauce. Stir-fry for another two minutes.
- 5 Serve.

267 calories

Per serving

Fat	LOW	4.1g
Saturates	LOW	0.6g
Sugars	LOW	3.7g
Salt	MEDIUM	0.8g

■ HIGH ■ MEDIUM ■ LOW

Handy Hints

- Using frozen stir-fry vegetables is a convenient and cheap way of adding interesting and unusual vegetables to a meal.
- Rice noodles are virtually fat free and high in carbohydrates.
- Dried, fresh or "straight-to-wok" noodles can also be used.
- Bean sprouts are useful - they are cheap, tasty and make the meal filling.
- Instead of noodles you can stir-fry the vegetables and chicken and serve in a tortilla wrap or with rice or cous cous.
- For a vegetarian option use Quorn pieces instead of chicken and reduce the cooking time to 5 minutes.