

Recipes

Soy & Ginger Noodle Stir-Fry with Chicken & Veg

Serves: 4

Prep Time: 15 minutes

Cook Time: 15 minutes

Ingredients:

- 250g Dried wholewheat noodles
- 2 Chicken breast (sliced)
- 1 Carrot (matchsticks)
- 1 Red pepper (sliced)
- 150g Broccoli (small florets)
- 2 cloves Garlic (crushed)
- 1 tbsp Fresh ginger (grated)
- 3 tbsp Soy sauce (reduced salt)
- 1 tbsp Honey
- 1 tbsp Sesame oil
- 1 Lime (juiced)

Method:

Cook the noodles according to pack instructions and set aside. In a large wok or frying pan, heat sesame oil and cook garlic, ginger, and chicken until browned. Add the vegetables and stir-fry for 5 - 7 minutes. Stir in soy sauce, honey and lime juice. Toss in the noodles and mix until everything is heated through and coated.

Tips:

- Let kids choose their veg - courgette, sugar snaps or baby corn work well too.
- Vegetarian version: use tofu or scrambled egg instead of chicken.

