

recipe



Local service...National scale

Chicken & Sesame Stir-fry with Noodles

This recipe is fast, colourful, packed with nutrients and stir-frying helps to preserve the vitamin C content.

Ingredients

2 large skinless chicken breast fillets	5cm fresh root ginger, peeled & finely chopped
1 tbsp thin honey	225 g broccoli florets
Juice of 1 orange	2 large carrots
1 tbsp sesame seeds, toasted	1 bunch of spring onions, trimmed
Freshly ground black pepper	250 g medium egg noodles
1 tbsp olive oil	2 tbsp soy sauce
1 clove garlic, peeled and crushed	

SERVES 4

EACH SERVING CONTAINS

Calories:	440kcal	22% GDA
Sugar:	11g	3% GDA
Fat:	12g	18% GDA
Saturates:	3g	15% GDA
Salt:	1.5g	25% GDA

GDA - Guideline Daily Amount

Method

1. Cut the chicken breasts into thin strips and place in a bowl with the olive oil, ginger and garlic. Toss to mix and set to one side.
2. Put the broccoli florets in a heatproof bowl, cover with boiling water and leave to stand for 1 minute. Drain, refresh under cold running water and drain well. Cut the carrots into thin matchstick strips. Halve the spring onions and cut into strips lengthways.
3. Heat a large non-stick wok or non-stick sauté pan, add the chicken and stir-fry for 2 minutes. Add the carrots, broccoli and 1 tablespoon of water. Cover with a lid and steam-fry for 4-5 minutes until the chicken is cooked, adding the spring onions for the last minute.
4. Meanwhile, cook the noodles according to the packet instructions. In a bowl, mix together the soy sauce, honey and orange juice.
5. Drain the noodles thoroughly and add to the pan with the soy mixture. Toss well until everything is piping hot. Season and scatter over the sesame seeds. Serve at once, in warm bowls.