



Recipes

SGF
healthy
living
programme

Chicken Chow Mein



See reverse for full recipe

healthylivingprogramme.co.uk fin



Chicken Chow Mein

Serves 4

Ingredients

- 1 Tablespoon (10g) Vegetable Oil
- 4 Small Sized (400g) Chicken Breasts
- 2 Medium Sized (300g) Onions
- 2 (6g) Garlic Cloves or 1 Teaspoon (5g) Garlic Puree
- 4 (40g) Spring Onions
- 1 (160g) Red Pepper
- ½ Pack (100g) Pak Choi
- 2 Medium Sized (160g) Carrots
- ½ Teaspoon (2g) Ground Ginger
- 2 Packs (600g) Straight To Wok Noodles
- 4 Teaspoons (20g) Soy Sauce (use reduced salt when possible)

Allergy Disclaimer

Always check the label of each ingredient for allergy warnings.

Nutritional Information

Based on
a single
serving of
343g

Energy
432 kcal
1,831 kJ

Fat
0.8 g

Saturates
65.1 g

Sugar
9.6 g

Salt
1.4 g



Method

1. Peel and chop the onions and garlic.
2. Wash and slice the spring onions.
3. Wash, de-seed and thinly slice the pepper.
4. Wash and shred the pak choi.
5. Wash, peel and thinly slice the carrots.
6. Heat the oil in a large frying pan or wok.
7. Stir fry the chicken, onion and garlic until golden brown
8. Reduce the heat and add the spring onions, pepper, pak choi, carrots and ground ginger. Stir until the vegetables are soft.
9. Add the noodles to the pan and stir fry for 1-2 minutes, separating the noodles with a fork, until the noodles are hot.
10. Add soy sauce to taste and serve.

SGF
**healthy
living**
programme

Recipe courtesy of
Parent Club

f in
healthylivingprogramme.co.uk