

Dinner

RECIPE CARD

Stir Fry

RECIPE NAME

Dinner

MEAL TIME

15 minutes

PREP TIME

15 minutes

TIME TO COOK

For a veggie version, use meat-free alternatives or even a low-fat halloumi.

NOTES

Approx 200kcal
per serving

CALORIES

INGREDIENTS

- 4 tbsp light soy sauce
- 1 level tbsp hot chilli sauce
- 2 tsp Chinese rice vinegar or white wine vinegar
- 4 garlic cloves, crushed
- 2cm piece root ginger, peeled and finely grated
- 1 level tsp Chinese five-spice powder* (see tip)
- 3 large skinless and boneless chicken breasts, thinly sliced
- 200g dried medium or thin egg noodles
- Low-calorie cooking spray
- 200g mangetout, halved lengthways
- 225g can water chestnuts, drained
- 225g can bamboo shoots, drained
- 1 red pepper, deseeded and thinly sliced
- 8 spring onions, sliced diagonally
- 1 level tbsp sweet chilli sauce
- 4 tbsp dark soy sauce

METHOD

- ☆☆☆ In a bowl, mix the light soy sauce, hot chilli sauce, vinegar, garlic, ginger and five-spice together until combined.
- ☆☆☆ Add the chicken into the marinade and let it sit for 10 minutes
- ☆☆☆ Spray a large pan with low-calorie cooking spray and fry the marinated chicken until lightly browned.
- ☆☆☆ Add all vegetables into the pan and cook for 4-5 minutes, making sure to coat everything in the sauce.
- ☆☆☆ Add the cooked noodles, sweet chilli sauce and dark soy sauce and cook for a further 4-5 minutes until piping hot.