

Chicken Chow Mein



Serves	Prep Time	Cooking	Total Time	Calories
2 people				498 kcal

Stuff that's in it:

- 25G Cornflour
- 6G Garlic Cloves (Chopped (2))
- 300G Noodles Cooked (Shardwoods, 2 Nests)
- 300G Chicken Breast (Diced)
- 10G Fresh Coriander (Chopped)
- 100G Oak Choi (Chopped)
- 1 Can Sliced Water Chestnuts (And The Water In Them)
- 50G Shiitake Mushroom (Roughly Chopped)
- 1 Tsp Groundnut Oil
- 1 Tsp Fresh Ginger (Sliced)
- 1 Lime (Squeezed)
- 45Ml Low Salt Soy Sauce
- 10G Fresh Red Chilli (Chopped (1))
- 85G Sugar Snap Peas
- 2 Jumbo Spring Onion (Chopped)

What you do:

Heat the oil in a high sided pan or wok, add the chicken and mushrooms and brown all over for several

minutes. Add the spring onion, garlic and ginger and chilli and stir fry for a minute or 2, then add the pak Choi and stir fry again until softened. Add the sugar snap peas and water chestnuts along with their water and fry again. Add the corn flour and stir through, then add the soy sauce, you might need a little water if it's too thick. Add the noodles and combine. Finish with a squeeze of lime juice and serve with the coriander.

Nutrition

- Carbs: 64g
- Fat: 5g
- Protein: 45g
- Fibre: 6g

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