

Big Noodle Bowl



Serves	Prep Time	Cooking	Total Time	Calories
2 people				489 kcal

Stuff that's in it:

- 100G Carrot (Peeled And Finely Chopped)
 - 30G Frozen Peas
 - 40G Sweetcorn
- 1 Portion Dried Egg Noodles ((Shardwoods))
 - 150G Chicken Breast
- 3G Lemon And Herb Peri Peri Nando Seasoning
 - 5G Cornflour
 - 1 Tbsp Dark Soy Sauce
 - 100Ml Chicken Stock

What you do:

Pre heat your oven to 180°C and sprinkle your chicken with the seasoning, slice and bake for 25 mins in the oven ... or used leftover roasted chicken. Once cooked, shred into bite sized pieces.

Boil the carrots, sweet corn and peas, until soft. Cook the noodles according to the packet instructions.

Add the stock to a small saucepan and the soy and heat, mix 1tsp of cornflour to a dash of water to make a thin mixture, add it to the saucepan and thicken slightly.

Add the veg and cook for another minute or 2.

Drain the noodles, add the chicken and the sauce md veg and mix everything up , then serve, I added some pepper!

Nutrition

- Carbs: 59g
- Fat: 4g
- Protein: 46g

Copyright 2024 by Sarah McDonald, All Rights Reserved.

www.fitfastcook.com