

Singapore Fried Noodles



Serves
4 people

Prep Time

Cooking

Total Time

Calories
468 kcal

Stuff that's in it:

- 1 Tbsp Olive Oil
- 3 Garlic Cloves (Chopped)
- 200G Brown Onion (Peeled, Chopped)
- 15G Madras Curry Powder
- 150G Sugar Snap Peas
- 100G Carrot (Peeled, Julienned)
- 5G Light Brown Sugar
- 2 Spring Onion (Peeled, Sliced)
- 30Ml Soy Sauce (Reduced Salt)
- 100G Red Pepper (Diced)
- 180G Instant Rice Noodles (Cooked As Per Pack Instructions)
- 600G Chicken Breast (Cubed)
- 200G Raw King Prawns

What you do:

Squirt some oil in a large wok and heat, add the chicken and cook for a few minutes until cooked through.

Remove chicken from wok onto a plate. Add the remaining oil Into the wok, add the sliced onion, garlic and madras powder , fry for a minute , add the snap peas, red pepper , carrot, stir , then add the sugar and a little water , stir fry for a few minutes until softened slightly. Add the chicken cubes and mix through, the add the prawns and heat . Add the cooked rice noodles and soy sauce and stir thoroughly , top with spring onions and serve

Nutrition

- Carbs: 54g
- Fat: 7g
- Protein: 50g
- Fibre: 3g
- Saturated Fat: 1g

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