



FIT FAST
COOK
HOMEMADE IS HEALTHY

Singapore Fried Noodles



Serves	Prep Time	Cooking	Total Time	Calories
4 people				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, then 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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