

Singapore Noodles With Chicken & Prawn



Serves	Prep Time	Cooking	Total Time	Calories
0 people	15 minutes	20 minutes	35 minutes	445 kcal

Stuff that's in it:

- Marinade
- 1 Tbsp Rapeseed Oil
- 400G Chicken Breast (Sliced Into Small Cubes)
- 165G Raw Large Prawns (Butterflied Down The Back)
- 1 Tbsp Dark Soy Sauce
- 1 Tsp Turmeric
- For The Pan
- 4 Garlic Cloves (Finely Chopped)
- 100G Spring Onions (Chopped)
- 1 Tbsp Fresh Ginger (Peeled And Finely Chopped)
- 1 Whole Fresh Chilli Red/Green (Deseeded And Finely Chopped)
- 1 Large Carrot (Chopped Into Matchsticks)
- 1 Red Bell Pepper (Sliced Into Strips)
- 100G Sugar Snap Peas
- 1 Tsp Turmeric
- 10G Madras Powder
- 3 Tbsp Dark Soy Sauce

- 2 Tbsp Oyster Sauce
- 1 Tbsp Fish Sauce
- 4 Nests Vermicelli Rice Noodle (Dried)
- Handful Fresh Coriander (Torn)
- Squeeze Lime Juice (Fresh)
- 1 Tbsp Sesame Oil

What you do:

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Start by marinating the chicken and prawns in the marinade ingredients in a bowl , use a fork to mix and then cover and leave for at least 15 minutes in the fridge

Pre soak the noodles in hot water for 5 minutes , drain and set aside

Heat and add the oil to a wok and fry the chicken for 5 minutes all over until opaque , remove then add the prawns and cook all over until pink , remove and then add the garlic , ginger , chilli and spring onion , leave some of the dark green ends for garnish later. Sauté for 1 minute then add the red pepper and carrot and sugar snap peas , stir fry for a couple of minutes

Add the chicken and prawn back into the wok

Add the turmeric and the madras powder and mix.

Add the soy sauce , oyster sauce , fish sauce , lime juice and turmeric and heat through for a few minutes until bubbling.

Add the rice noodles , stir and heat through then finish with the sesame oil and garnish with coriander and spring onion

High protein

Fast food

Less than 500 calories

Low saturated fat

Nutrition

- Carbs: 50g
- Fat: 9g
- Protein: 35g
- Fibre: 3g
- Saturated Fat: 1g

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