



Chicken stir fry

Prep: 5 minutes • Cook: 15 minutes • Serves: 2



Ingredients

2 nests egg noodles or 120g uncooked rice
2 teaspoons vegetable oil
180g cooked chicken (left over from a roast, for example), either cut into 1 inch chunks or shredded
2 carrots, peeled and cut into fine batons
160g fresh or frozen broccoli (frozen mixed vegetables or any tinned vegetable can be used instead)
2 teaspoons honey
1 tablespoon reduced-salt soy sauce

- 1 Cook noodles or rice according to pack instructions (avoid adding salt for cooking), drain and toss in 1 teaspoon olive oil.
- 2 Heat remaining oil in a wok/frying pan and add in chicken, carrots and broccoli / other vegetable. Stir fry for five minutes.
- 3 Add in honey and soy sauce and cook for 1 minute.
- 4 Mix the drained noodles or rice into the stir fry and serve.

Nutritional info

Low phosphate ✓
Low potassium ✓
Low protein ✗
Low salt ✗
Low fat ✗

Cost per portion (August 2022) **£1.28**

Carbohydrate **56g**

Energy in kcals **469**