

Chicken, Vegetables and Noodles with Sweet Peanut Sauce

150 – 200g dried asian noodles
2 tspns canola oil
400g chicken breast fillet or tenderloins, roughly chopped
1 tspn minced ginger
1 bunch spring onions, sliced diagonally
2 medium carrots, peeled and sliced diagonally
1 red pepper cut into chunks
1 small head broccoli, cut into small flowers
1 bunch bok choy, trimmed and chopped

Sauce:

½ cup crunchy peanut butter
½ cup chicken stock
¼ cup honey
1 tspns mustard
1 tspn curry powder

Place noodles in heatproof bowl, cover with hot water and leave to soak for 5 minutes; drain

Heat wok over high heat, add oil and chicken and stir-fry for a few minutes until cooked. Remove from pan.

Add ginger and vegetables to the pan (you may need another tspn oil) and stir fry until just cooked. Add chicken, drained noodles and sauce; stir and heat through.

Sauce:

Place ingredients together in saucepan, stir over medium heat until sauce has thickened and all ingredients have heated through. Alternatively, place ingredients in microwave proof jug, microwave for a couple of minutes until hot; stir and use as directed

Serves 4

Health Habits:

- Using lean chicken breast – less fat
- Using a healthy oil like canola – good for the heart
- Using minimum oil to stir-fry vegetables – less fat and kiloJoules
- Bulking out with vegetables – at least twice as much as the meat. This gives more fibre, vitamins, minerals and antioxidants