

CHICKEN STIR FRY



For a speedy supper, nothing beats a stir fry, and this version couldn't be easier.

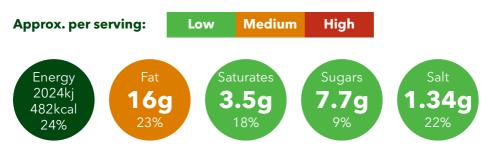
Serves 2 ~ Ingredients



320g Co-op Loved By Us Chinese stir fry pack 1/2 a broccoli, cut into small florets (optional) 385g Co-op British Fresh Chicken Mini Breast Fillets 170ml Co-op Loved by Us Sweet chilli or Chinese stir fry sauce 1 tbsp vegetable oil 275g Co-op Loved by Us egg noodles

Method

- 1 Heat the oil in a wok or frying pan.
- Meanwhile cut the chicken into strips, add to the pan and cook for 5 minutes until brown.
- Add the broccoli and cook for 2 minutes, then add the Chinese stir fry veg pack and cook for 1 minute before adding the noodles. Keep stirring and cook for a futher $2^{1/2}$ to 3 minutes.
- In the last minute, stir in the sweet chilli sauce until warmed through and serve.



Carbohydrate per serving: 43g

% of an adult's reference intake.