

Recipes



CHICKEN STIR FRY



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

Serves 2
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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.
- 2 Meanwhile cut the chicken into strips, add to the pan and cook for 5 minutes until brown.
- 3 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.
- 4 In the last minute, stir in the sweet chilli sauce until warmed through and serve.

Approx. per serving:

Low

Medium

High

Energy
2024kj
482kcal
24%

Fat
16g
23%

Saturates
3.5g
18%

Sugars
7.7g
9%

Salt
1.34g
22%

Carbohydrate per serving: 43g

% of an adult's reference intake.

One serving = 1 of your 5 a day.