



## Asian Chicken Noodle Salad

### Ingredients

- 4 packets Maggi 3 Minute Chicken Noodles
- 500 g Chicken Breast
- 1 teaspoon Maggi Liquid Seasoning
- 4 tablespoons Maggi Hot and Sweet Chilli Sauce
- 1 tablespoon Vegetable Oil
- 1 bunch spring onions, sliced
- 2 large carrot, sliced
- 300 g sliced cucumber
- 200 g red pepper
- 120 g Beansprouts
- 2 teaspoons Root ginger, peeled and grated

### Instructions

1. Cook noodles following packet directions; then drain the noodles reserving the stock. Rinse the noodles under cold water.
2. In a medium bowl combine chicken, Maggi Liquid Seasoning, ginger and Maggi Hot and Sweet Chilli sauce; marinate for 10 minutes.
3. Heat a wok over high heat. Add oil and chicken, cook for 10 minutes or until browned and cooked through.
4. In a large bowl combine reserved noodles, spring onions, carrots, cucumber, bean sprouts, peppers and cooked chicken and any marinade left in the pan. Add a little of the reserved noodle stock and toss everything together.

### Nutrition

|                     |             |
|---------------------|-------------|
| Carbohydrate        | 22.02 g     |
| Energy              | 316.11 kcal |
| Fat                 | 10.08 g     |
| Fibre               | 3.92 g      |
| Protein             | 31.88 g     |
| of which: saturates | 1.45 g      |
| Sodium              | 495.58 mg   |
| of which: sugars    | 10.34 g     |

34 Minutes

4 portions