



Thai Style Fried Noodles

Ingredients

- 2 packets Maggi 3 Minute Chicken Noodles
- 40 g spring onions, sliced
- 100 g Carrots
- 0.5 Medium yellow pepper, sliced
- 250 g chicken breasts, thinly sliced
- 1 stem Lemon Grass
- 1 teaspoon sunflower or vegetable oil
- 1 tablespoon Lime Juice
- 2 Cloves Garlic
- 2 tablespoons Maggi Chilli and Garlic Sauce
- 2 teaspoons root ginger, finely grated

Instructions

1. Cook the noodles in plain boiling water for 3 minutes. Keep the seasoning sachet to use later.
2. Peel and cut the carrots into strips. Cut lemongrass into 4 large pieces.
3. Heat the oil in a pan and fry the chicken until turning golden. Add vegetables and continue to cook for 3 minutes. Mix in lemongrass, garlic and ginger and cook for another minute or two.
4. Add the noodles, chilli sauce and a splash of boiling water to the pan and mix well. Sprinkle the seasoning sachets on top and stir-fry for about 3 minutes. Add the soy sauce and lime juice, stir again and then serve up and tuck in!

Nutrition

Carbohydrate	15.59 g
Energy	227.66 kcal
Fat	5.32 g
Fibre	2.24 g
Protein	20.7 g
of which: saturates	0.84 g
Sodium	273.84 mg
of which: sugars	4.6 g

16 Minutes

3 portions