



Ingredients

- 37 g Maggi Pan Perfect Teriyaki
- 600 g chicken breasts, thinly sliced
- 2 tablespoons Sunflower Oil
- 600 g Stir Fry Vegetables
- 226 g wholewheat noodles

Instructions

1. Heat the oil in a large frying pan and stir fry the chicken breast strips until light brown (about 5-6 mins).
2. Mix the Teriyaki seasoning with 150ml water until smooth. Pour the sauce over the chicken and simmer for 2-3 minutes until the sauce has thickened. Ensure the chicken is piping hot throughout.
3. Heat 1 tablespoon of oil in a frying pan over a medium heat and stir-fry the veggies for 3-5 minutes until turning charred and tender. Add the sesame oil and heat through for a further 1-2 minutes.
4. Cook the noodles according to the pack instructions and serve with the teriyaki chicken and stir fry vegetables.
Tip If you want you can cook everything in one pan – simply add the stir fry veggies at the end of step 3 once the chicken is cooked!

Nutrition

Carbohydrate	53.18 g
Energy	569.12 kcal
Fat	17.97 g
Fibre	5.39 g
Protein	44.4 g
of which: saturates	3.27 g
Sodium	511.64 mg
of which: sugars	10.41 g

🕒 15 Minutes

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