# Teriyaki chicken and noodle stir fry

Preparation time
35 minutes

Cooking time
10 minutes

Serves
4

Recipe courtesy of



Ingredients Method Nutrition

4 x 125 g skinless chicken breast fillets

1/2 cup teriyaki marinade

olive oil spray

1 tbsp sunflower oil

1 large red capsicum, seeded and sliced

3 medium carrots, sliced

2 cups snow peas, trimmed

3 cups broccoli florets

440g fresh egg noodles

1. Place chicken breasts on a plate and drizzle with 1 tbsp of the marinade. Marinate for 30 minutes or overnight.
2. Heat a chargrill or frying pan over a medium heat and lightly spray with oil. Cook chicken thoroughly.
3. In the meantime, heat oil in wok or frying pan. Stir fry capsicum, carrots, snow peas and broccoli for 2-3 minutes. Add noodles and stir fry for 2-3 minutes. Add remaining marinade and stir fry until hot.
4. Serve topped with the grilled chicken breasts.

Nutritional information is provided per serve

| | |
|---|---|
| Engery | 3021.1kJ (722 calories) |
| Protein | 49.3g |
| Saturated Fat | 1.9g |
| Total Fat | 11.6g |
| Carbohydrates | 98.1g |
| Sugars | 18.9g |
| Dietary Fibre | 12g |
| Sodium | 938g |