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