



## Chicken & Veggies Stir Fry

Serves 4

4 chicken breasts (200g each)

2 tbsp vegetable oil

Mixed veggies (whatever needs using up), chopped

½ tsp ground ginger

½ tsp medium curry powder

½ tsp cumin powder

½ tsp turmeric powder

a pinch of paprika

Rice vermicelli noodles (400g)

Chop chicken into chunks or strips and mix well with all the spices. If you have time leave to marinade for 20 minutes; then pan fry on a low heat in a small amount of veg oil until cooked through. In another pan use the rest of the oil to fry all the veg together. Cook the noodles in boiling water for 2-5 minutes, drain.

Toss all the components together and serve.

### **Nutrition per serving:**

**Calories 794kcal**

**Salt 0.15g**

**Sugar 3g**

**Fat 18g**

**High in protein & vitamin C!**