

Chicken stir-fry with courgette noodles

Serves 2

Nutrition per serving

356 calories, 13.4g fat, 6g sat fat, 19.7g carb, 14.7g sugar, 33.5g protein, 11.5g fibre, 2g salt

Ingredients

*1 tbsp extra virgin coconut oil
1 large chicken breast, thinly sliced
1 lime, juiced
200g Tenderstem broccoli, trimmed
1 red chilli, sliced thinly
1 inch piece of ginger, sliced into matchsticks
½ red onion, finely sliced
1 long red pepper, sliced into thin strips
2 garlic cloves, crushed
125g shiitake mushrooms, sliced
3 courgettes, julienned
1 tbsp coriander, chopped
2 tbsp tamari
1 tbsp ferukake seasoning (optional)*



Method

- 1. Heat the oil in a wok. Once hot add the chicken and fry for 5 minutes until cooked through.*
- 2. Squeeze the lime juice into the wok and cook for a further 1 minute.*
- 3. Add the broccoli, chilli, ginger, onion, red pepper, garlic and mushrooms then fry for 3 minutes until tender. Add a splash of water during cooking to steam the vegetables and help them to cook.*
- 4. Take the wok off the heat and stir in the courgette, coriander, tamari and ferukake.*
- 5. Divide between two plates and serve.*