

## HONEY SOY CHICKEN & NOODLE STIR-FRY



Serves 4



Prep Time 10 minutes



Cook Time 10 minutes



### INGREDIENTS

- 400g chicken tenderloins, sliced into strips
- 1 tsp minced ginger
- 1 tsp crushed garlic
- ½ small red chilli, deseeded and finely chopped
- 210g pouch **Wattie's WOK Creations Honey Soy Stir-Fry Sauce**
- 1 Tbsp sesame oil

### METHOD

1. Place chicken in a bowl with ginger, garlic and chilli. Add ½ the pouch of **Wattie's WOK Creations Honey Soy Stir-Fry Sauce** and toss together. Leave to marinate in the fridge for 10 minutes.
2. Heat sesame oil in a wok or large frying pan. Add marinated chicken mix and stir-fry for 2-3 minutes. Add prepared vegetables and remaining honey soy sauce and continue stir-frying for a

- 400g prepared vegetables\*
- 400g pkt Trident Thin Egg Noodles
- 1-2 Spring onions, thinly sliced on the diagonal to garnish
- Toasted cashew nuts, chopped, to garnish

further 5 minutes or until chicken is cooked and vegetables are crisp and tender.

3. Cook the noodles according to packet instructions. Drain and toss noodles through the cooked chicken and vegetables. Garnish with fresh spring onions and chopped toasted cashew nuts if wished.

## TIPS

\* Use a combination of your favourite vegetables – we used bok choy, red capsicum, snow peas and courgettes. Make sure vegetables are cut into small matchstick strips or chop into even sized small pieces to ensure even cooking.\*\*

\*\* If preferred use a 400g bag of **Wattie's Frozen Stir-Fry Vegetables**.