

# SWEET CHILLI CHICKEN, EDAMAME AND NOODLE STIR-FRY



 Serves 4

 Prep Time 15 minutes

 Cook Time 20 minutes



## INGREDIENTS

- 150g egg noodles
- 400g chicken tenderloins, cut into thin strips
- 1 red onion, sliced
- 1 red capsicum, deseeded and sliced
- 1-2 clove garlic, crushed
- 1 tsp minced ginger
- 1 cup **Wattie's frozen Edamame Beans**

## METHOD

1. Cook egg noodles according to packet instructions. Drain, rinse in cold water, drain again and set aside.
2. Heat a dash of oil in a wok or frying pan. Add chicken tenderloins and stir-fry over a high heat to brown and cook through. This will take about 5 minutes. Remove from the pan and set aside but keep the chicken warm. Reduce heat.

- ¼ cup **Wattie's Bit on the Side Sweet Chilli Sauce**
- 1 Tbsp salt reduced soy sauce
- 1 tsp fish sauce
- Juice from 1 lime
- Chopped roasted cashew nuts to garnish

3. Add onion and red capsicum and stir-fry until the vegetables begin to soften. Add garlic and ginger and cook a further 30 seconds. Add **Wattie's Edamame Beans** and cooked chicken into the pan. Mix together **Wattie's Sweet Chilli Sauce**, soy sauce, fish sauce and lime juice. Pour over the chicken and vegetables. Cook for 3-4 minutes until edamame beans are cooked.
4. Return noodles to the pan and toss through the stir-fry until hot. Serve in bowls garnished with chopped toasted cashew nuts if wished.