

Skinny Chicken Chow Mein

Ingredients (Serves 3)

- 175g medium egg noodles
- 1 tbsp/15ml sunflower oil
- 1 med onion/90g onions
- 2 cloves/6g garlic
- 175g bean sprouts
- 175g mange tout (175g baby sweetcorn / optional)
- 225g chicken breast, fillets - skinless & boneless
- 2 tbsps/30ml dark soy sauce
- 10g ginger root
- 5g five spice powder

Method

1. Preheat the oven to 190C/375F/gas mark 5.
2. Put a piece of foil (approx 30x40cm) onto a baking sheet and brush the centre with 1 teaspoon/5 ml of the oil
3. Place the chicken breasts, side by side, onto the centre of the foil, and sprinkle with 30ml of water. Close the foil around the chicken to make a loose, but tightly closed, parcel
4. Bake the chicken in the oven for 30-35 minutes until cooked through. Remove the chicken from the oven, allow it to cool slightly, shred and set aside
Remove chicken from pan and proceed.
5. Thinly slice the onion, garlic and ginger, and top and tail the mange tout.
6. Cook the noodles in a large pan of boiling, salted water according to the pack instructions
7. In the meantime, heat the remaining oil in a wok or large frying pan, and stir-fry the onion and ginger over high heat for 2-3 minutes until the onion is softened
8. Add the garlic, bean sprouts, mange tout and five spice powder, and continue stir-frying for a further minute
9. Drain the noodles well and add to the wok/frying pan, add shredded chicken and soy sauce. Stir-fry for a further 2 minutes until piping hot. Serve immediately

Tips and Hints

- If you do not have an oven, you can chop chicken into chunks and cook in pan with 1tbs of oil for 5mins or until cooked through and slightly browned
- Nutritional information per serving : 287 calories