



CHICKEN NOODLE STIR-FRY

Ingredients

- 1 Garlic clove(minced)
- 1 Tbsp Olive oil
- 200g Chicken Breast (diced)
- 185g Egg Noodles
- 400ml Coconut Milk 200ml-
- 250ml Water
- 1Tsp Paprika
- 1 Tsp Chilli flakes
- 1 Tsp Curry Powder
- 1/2 Tsp Cumin
- 1/2 Tsp Tumeric
- 1 Tbsp Soy Sauce
- 1/2 Tbsp Honey

Preparation: serves 2

- 1.Heat the olive oil in a pot over medium heat, add the minced garlic and fry until aromatic and it begins to golden slightly.
- 2.Add the diced chicken breast and cook until it begins browning. Add all the dry spices and coat the chicken with them.
- 3.To that add the water, coconut milk, soy sauce and honey. Stir everything to combine then add the egg noodles.
- 4.Allow that to simmer over medium heat, stirring occasionally until the noodles are tender and the chicken is cooked through.
- 5.Plate up and enjoy!

Prep Time

- Prep: 5 minutes
- Cooking: 15 minutes
- Total 20 minutes