

# CHICKEN NOODLES



A quick, simple dish that both adults and children will love. Sent in by Debbie Southwell

Serves 4

Prep 10

Cook 10



Each 360g serving contains (excludes serving suggestion)

KCal	Carbs	Protein	Fat	Saturates	Sugars	Salt	Fruit/Veg Portion
<b>430</b>	<b>62.0g</b>	<b>27.0g</b>	<b>6.6g</b>	<b>1.7g</b>	<b>3.8g</b>	<b>1.4g</b>	<b>0</b>

## Ingredients

300g dried egg noodles

1 reduced-salt chicken stock cube,  
dissolved in 500ml water

6 tsp reduced-salt dark soy sauce

100g frozen peas

150g sweetcorn, drained weight

200g cooked chicken, shredded

2 tsp cornflour

## Method

### Step 1

Cook the noodles according to packet instructions, drain and set aside.

### Step 2

Put the stock, soy sauce, peas, sweetcorn and chicken in a saucepan over a medium heat. Bring to a simmer and cook for 2 minutes.

### Step 3

In a small cup, mix the cornflour with 4 tbsp cold water and add to the contents of the pan then stir for a further 1 minute until the liquid thickens slightly.

### Step 4

Add the noodles and reheat briefly, stirring to mix together.

## Recipe tips

- ✓ You could add lots of other vegetables to this dish, such as finely chopped spring onion, red pepper, sliced mushrooms or some pak choi.
- ✓ Try adding 1 tsp of Chinese five-spice powder or some chilli flakes.
- ✓ Use rice noodles for a gluten-free alternative.