



Vegetable and noodles stir fry with chicken

25'
Hands on

15'
Cook Time

4-6
Portion(s)

2
Difficulty



Method

For the chicken

- Place a [frying pan](#) over medium heat and add the sunflower oil until it gets very hot.
- In a bowl add the eggs, the water, the paprika, the mustard, the garlic, salt, pepper, the flour, and mix well until there is a paste.
- **Cut** the chicken into 1 cm strips and season with salt and pepper. Transfer to the bowl with the rest of the ingredients and mix until the chicken is completely coated.
- Fry in batches for 3-4 minutes, until the chicken is cooked through and golden.
- Remove, place on paper towels, and set aside.

For the sauce

- Place a frying pan over high heat and add the seed oil.
- Cut the carrot into thin half-moons, the mushrooms into thin slices, and add them to the pan.
- Cut the peppers into thin strips and add them to the pan. Sauté for 2-3 minutes until the vegetables are tender.
- Add the sugar, the soy sauce, the sweet chili sauce, the balsamic cream, the chicken, and stir.

To assemble

- Add the boiled noodles into the pan with the rest of the ingredients and mix.
- Remove from the heat and add the sesame oil, the sesame seeds, the green part of the spring onion finely chopped, and serve.

Ingredients

For the chicken

- 2 eggs
- 1 tablespoon(s) water
- 1 teaspoon(s) paprika
- 1 teaspoon(s) mustard, powder
- 1 teaspoon(s) garlic, powder
- salt
- pepper
- 70 g all-purpose flour
- 500 g chicken thigh fillet
- 400 ml sunflower oil, for the frying

For the sauce

- 2-3 tablespoon(s) sunflower oil
- 1 carrot
- 100 g champignon mushrooms
- 1 red bell pepper
- 1 green bell pepper
- 70 g soy sauce
- 1 tablespoon(s) granulated sugar
- 110 g [sweet chili sauce](#)
- 2 tablespoon(s) balsamic cream

To assemble

- 250 g noodles
- 1 tablespoon(s) sesame oil
- 20 g sesame seeds
- 1 spring onion

Διατροφικός πίνακας

Nutrition information per portion

380 Calories (kcal)	14.0 Total Fat (g)	2.4 Saturated Fat (g)	32.0 Total Carbs (g)
19%	20%	12%	12%
8.1 Sugars (g)	28.0 Protein (g)	4.2 Fibre (g)	2.5 Sodium (g)
9%	56%	17%	42%