

Easy Chicken Stir-fry



INGREDIENTS

Oil for pan
Chicken Tenderloins
1 large container self-serve
vegetables (at salad bar instore)
1 tub Five Tastes Stir Fry Shots
(Chinese Hoisin and Garlic)
1 Pkt Pams Hokkien Noodles

METHOD

Place a little oil in pan and brown tenderloins.
Add in pre chopped vegetables and stir fry until bright in colour.
Stir in one tub of flavour shot.
Add in one pkt of the Hokkien Noodles

This is such an easy meal and super quick to make, perfect for those days where speed and simplicity are key.

Nutritional Information Makes 4 serves Serving size 1

Calories	256
Protein	36.2g
Carbohydrate	23g
Fat	3.7g



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