

## Chicken and Veg Noodle Stir Fry

**Serves:** 4

**Prep time:** 20 minutes

**Cook time:** 15 Minutes



2 ½ serves per portion

### Ingredients

200g dried vermicelli noodles  
1 tablespoon fresh lime juice  
2 tablespoons tamari or soy sauce, salt reduced  
2 tablespoons rice bran oil or other vegetable oil  
1 red onion, thinly sliced  
1 carrot, thinly sliced  
1 long red chilli, finely diced  
1 lemongrass stalk, white part only, finely diced  
1 teaspoon fresh ginger, grated  
2 garlic cloves, finely diced  
1 red capsicum, thinly sliced  
200g sugar snap peas, strings removed  
250g zucchini noodles  
500g chicken (breast, tenderloin or thigh fillets) sliced thinly  
Fresh basil leaves to serve

### Method

PLACE the noodles in a large heatproof bowl and pour boiling water over to completely cover. Set aside for 6 to 10 minutes until tender. Drain well.

ADD tamari or soy sauce and lime juice to a small bowl and whisk to combine. Set aside.

HEAT oil on high heat in a wok or large frypan.

ADD chicken and stir fry until cooked through. Remove from pan/wok and set aside.

HEAT a little more oil and add onion, garlic, chilli, lemongrass and ginger and cook until just tender.

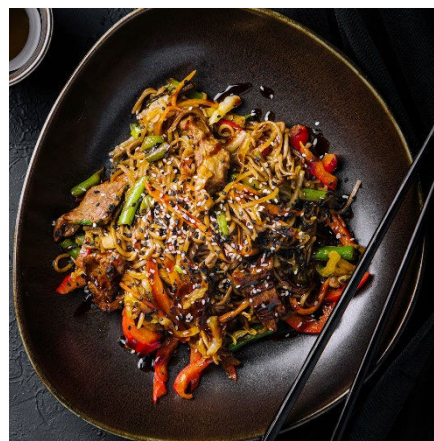
ADD carrot and stir fry for 3-4 minutes.

ADD capsicum, peas and 2 tablespoons of water and continue to stir fry 1-2 minutes.

ADD zucchini noodles and drained vermicelli noodles and stir fry until all vegetables are tender.

RETURN the chicken to the wok/pan and add the sauce, stir fry 1 minute to heat the sauce through.

SERVE garnished with fresh basil.



Everyday Food

*Recipe courtesy of the Country Kitchens team*