



CHICKEN AND VEGETABLE STIR FRY with Fried Noodles and LEMONGRASS AND

INGREDIENTS

500GM Chicken Thigh fillets cut in strips
2 Capsicum (Colour of your choice)
1 Fresh Onion (Diced) or
1 punnet Mushrooms
Handful Baby Spinach and Bean Sprouts
1 - 2 Medium size carrots
250 gms Fried Asian Noodles
1 - 2 TBSP Soy Sauce
1 TBSP Tomato Puree
1- 2 TBSP White Vinegar
1 - 2 Tbsp SATHYA Chilli & Garlic Infused Olive Oil
1-2 Tbsp SATHYA Lemongrass & Ginger Infused Olive Oil
1 Teaspoon Cumin Powder
Salt to taste



METHOD

Warm Oil in pan, if using fresh onion, sauté until brown, then add Chicken, Capsicum, chopped up carrots and any other vegetables you may want to include until vegies are soft.

Then add sliced mushrooms, bean sprouts, baby spinach and fried noodles and cook for a further 2 minutes.

Add Soy sauce, tomato puree, white vinegar, salt to taste and cumin powder and stir thoroughly.

**You can use any vegetables you like, just cook the hard vegetables first to soften before adding the chicken and softer vegetables.