

## Nutracheck Recipe

### Quick & Easy Stir-Fry

Serves: 1

**411** kcals

**7.4** g fat

per serving



#### INGREDIENTS

5 sprays of Frylight Spray  
1 medium chicken breast (100g) cut into strips  
½ medium red pepper  
60g broccoli  
1 small onion  
A clove garlic  
3 tbsp. bean sprouts  
7 medium sized mushrooms  
150g straight to wok noodles  
60g Chow Mein stir fry sauce

#### Cooking Instructions:

1. Heat the oil in a wok.
2. Crush the garlic and add to the pan.
3. Chop the onion and add to the pan along with the chicken strips.
4. After 5 minutes, add the bean sprouts, broccoli and peppers to the pan followed by the noodles and sauce. Stir fry until the chicken is cooked through and the noodles and sauce are heated through before serving.