



No Fuss Stir Fry

Serves 4

Ingredients:

300gm chicken meat

1 onion, chopped

5 cups various vegetables (eg carrot, broccoli, cabbage, spinach, kale capsicum, mushroom)

2 x packets Maggi 97% fat free chicken noodles

2 tablespoons cooking oil

Method:

1. Brown onion in the oil and add the chicken until it is lightly browned.
2. Add the harder vegetables (eg carrots) and stir for about 3 mins. Then add the softer vegetables.
3. Break the noodles roughly with your hands and add them to the pan.
4. Pour over 2 cups of boiling water and sprinkle in the flavour sachets. Cover and simmer, stirring occasionally so that the noodles are immersed in the water and are fully cooked.

Tips

- *Most adults need at least 2.5 cups of cooked vegetables a day (or 5 cups of salad) to get all their vitamins and minerals.*
- *A diet high in vegetables is linked with a lower risk of cancer, heart disease, diabetes and overweight.*
- *Use the vegetables that are in season as these are most cheap. Also frozen vegetables or canned vegetables can be used.*
- *Use only one flavour sachet from the noodles to reduce the salt content*