

Chicken Chow Mein

Allergens – **Gluten/Wheat**, **Egg**, **Soya**, **Celery**, **Sulphites**

Ingredients

Quantity	Ingredient
1200g	Uncooked Chicken
60ml	Vegetable Oil
240g	Onions (thinly sliced)
600g	Carrots (thin strips)
600g	Mixed Sliced Peppers (thinly sliced)
150g	Mushrooms (thinly sliced)
400g	Noodles (contains Wheat & Egg)
40ml	Soy Sauce (contains Wheat & Soya)
15g	Chicken Bouillon Brakes contains Sulphites Knorr contains Celery
5g	Garlic



Method

1. Boil the noodles for 5 minutes, drain and refresh.
2. Heat the oil in a large pan and cook the chicken, vegetables and garlic until tender.
3. Add the bouillon and heat thoroughly.
4. Add the noodles and soy sauce, and heat through.
5. Mix well then transfer to serving dish.

Nutritional Content per 180g portion

Energy (kcal)	Fat (g)	Saturated Fats (g)	Sugar (g)	Salt (mg)	Carbs (g)
= 131.2	= 5.1	= 0.8	= 4.2	= 0.6	= 18.9

Portion size - Primary – 180g

Reviewed March 2019