



Sesame Noodles with Chicken and Cucumber



SERVINGS: 1

PREP TIME: 15 MINUTES

COOKING TIME: 12 MINUTES

INGREDIENTS

- 1 palm-sized Chicken Breast, skinless
- A drizzle Avocado Oil
- 1 tsp Garlic Powder
- A pinch Salt
- 1 hand-sized Protein Noodles, cooked
- 1 hand-sized Edamame, shelled & cooked
- A generous handful Cucumber, chopped
- A drizzle Sesame Oil
- 2 tbsp Soy Sauce
- A splash Rice Vinegar
- 0.5 tsp Ginger, ground
- 1 tsp Sesame Seeds
- A pinch Red Pepper Flakes (Optional)
- A handful Spring Onions, chopped

DIRECTIONS

1. In a non-stick wok or frying pan, drizzle avocado oil and garlic powder and fry the chicken until cooked through. Then season with salt.
2. Cook the protein noodles either in boiling water or stir-fry them in a wok (depending on the brand you've bought).
3. In a small bowl, whisk together sesame oil, soy sauce, rice vinegar, ground ginger, sesame seeds, and red pepper flakes (if using).
4. Add the cooked protein noodles to a large bowl. Pour the sauce over the noodles and toss until evenly coated.
5. Top with chopped chicken, edamame, cucumber, and spring onions. Serve immediately.

NOTES

1. Protein alternative: Chicken can be swapped for lean beef, turkey breast, prawns, or tofu.

AVERAGE NUTRITION INFO

Energy : 2460 kJ / 588 Cal Fat : 16 g Carbs : 27 g Protein : 71 g Fibre : 12 g Sugar : 3 g

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