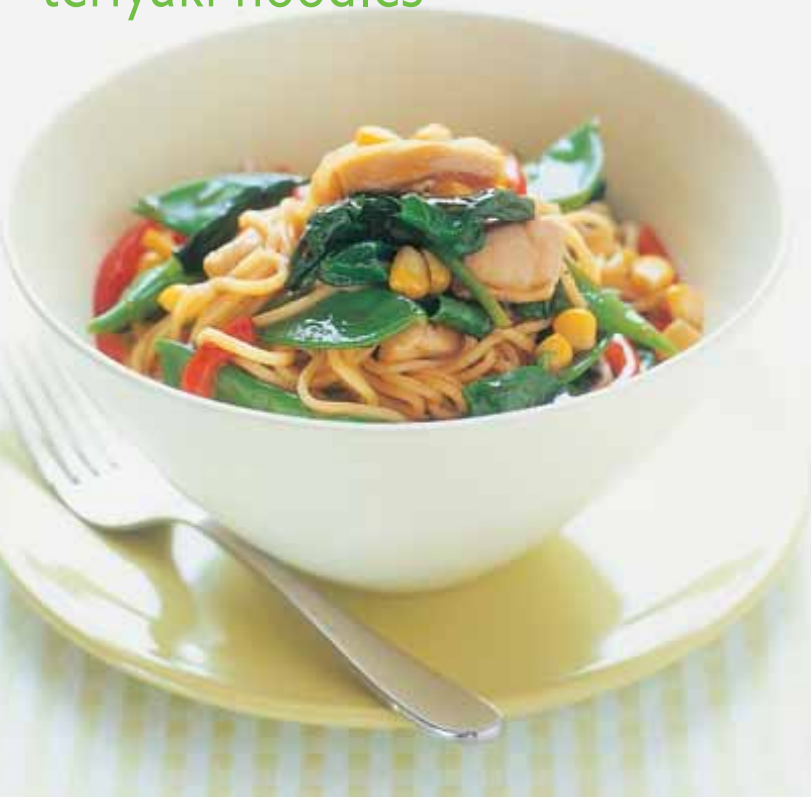


**Fresh for Kids®**

# Vegetable & chicken teriyaki noodles



## Vegetable & chicken teriyaki noodles

Preparation: about 15 mins

Cooking: about 10 mins Serves: 4

### Ingredients:

400g fresh Singapore or thin egg noodles

1½ tbs peanut or vegetable oil

500g chicken thigh fillets, cut into bite-sized pieces

2 green onions, finely sliced

½ small red capsicum, deseeded and finely sliced

1 corn cob, kernels removed

150g snow peas, trimmed and halved diagonally

150g baby spinach leaves

⅓ cup Kikkoman Honey and Soy Teriyaki Marinade\*

*\*Available from most supermarkets in the Asian sauce section.*

### Method:

1. Place noodles in a medium heatproof bowl. Cover with boiling water. Stand for 3 minutes. Drain, separate noodles and set aside.
2. Heat a wok over high heat until hot. Add 2 tsp oil and half the chicken and stir-fry for 2–3 minutes or until just cooked through. Transfer to a plate using a slotted spoon. Repeat using remaining chicken.
3. Heat remaining 1 tbs oil in wok until hot. Add green onions, capsicum, corn and snow peas. Stir-fry for 2 minutes. Add chicken, noodles, spinach and teriyaki sauce and stir-fry for 1–2 minutes or until noodles are heated through and spinach just wilts. Serve immediately.

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### Snow peas:

- An excellent source of vitamin C, which helps the body resist infection.
- Provide dietary fibre, which is often lacking in the diet and is needed for a healthy intestine.
- A source of potassium, which the body needs to help balance any adverse effects of salt.