

Homemade Healthy Noodle Snack

By Caroline Seaman - Norfolk Primary Care Trust

For each person allow:

$\frac{1}{2}$ medium chicken breast, cut into small pieces

$\frac{1}{2}$ garlic clove, crushed and chopped

$\frac{1}{4}$ red onion, finely chopped

$\frac{1}{4}$ red pepper, finely chopped

$\frac{1}{4}$ tin sweetcorn, drained

A portion medium egg noodles

Sweet chilli sauce

Light soy sauce

Small amount olive oil

About a big mug of water

1. Sweat onions pepper and garlic in small amount olive oil
2. Add finely cut chicken breast and seal, stirring for about 3 mins
3. Add water, bring to boil. You can use boiling water
4. Add noodles and drained sweetcorn
5. Cook 4 mins
6. Add sweet chilli and soy sauce to taste
7. Serve

Or you could use:

Pork with mushrooms and green pepper

Beef with beansprouts and courgette

Tofu/Quorn/Soya Chunks

Sardines in tomato sauce with green peppers and mushrooms

You could do a Thai style dish with ginger and coriander, or even add cooked rice or pasta instead of noodles, but you wouldn't need the water if you did this.

As heard on BBC Radio Norfolk during BBC East's Eat Well week in partnership with

