



HONEY & SOY CHICKEN WITH NOODLE SALAD

2 portions

INGREDIENTS

- 1 tbsp of honey (21 g)
- 1 tbsp of rice wine vinegar, (15 g)
- 2 tsps of soy sauce (tamari) (12 g)
- 1 tablespoon of olive oil, (14 g)
- 1 clove of garlic, crushed (3 g)
- 200 grams of chicken breast
- 50 grams of ramen noodles
- 11 bunch of bok-coy, shredded
- 100 grams of snow peas, shredded
- 1 large capsicum , thinly sliced (164 g)

COOKING METHOD

- 1° Combine honey, vinegar, soy sauce, oil and garlic in a small bowl. Reserve 1/2 of the mixture for dressing. Put remaining mixture in a shallow dish. Add chicken and turn to coat. Cover and set aside.
- 2° Cook noodles in a small saucepan of boiling water, following packet directions, until tender. Drain into a colander and rinse under cold running water. Drain well then place in a medium bowl. Add bok choy, snow peas and capsicum with reserved dressing. Toss to combine.
- 3° Preheat a barbecue plate or chargrill pan on medium heat. Cook chicken for 3- 4 minutes each side or until cooked through. Slice chicken and serve with noodle salad.
- 4° NOTE: you can add whatever herbs or vegetables you like with the noodle salad (cucumber, carrot, coriander, ect.)

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (364 g)	% DRI
ENERGY	90 kcal	327 kcal	16 %
FAT	3 g	11 g	17 %
FATTY ACIDS, TOTAL SATURATED	0 g	2 g	9 %
CHOLESTEROL	20 mg	73 mg	24 %
SODIUM	109 mg	398 mg	17 %
CARBOHYDRATE	9 g	31 g	10 %
SUGARS	4 g	15 g	—
FIBER	1 g	5 g	20 %
PROTEIN	8 g	28 g	—