FFC
FIT FAST COOK
HOMEMADE IS HEALTHY

Singapore Chicken and Prawn



Serves	Prep Time	Cooking	Total Time	Calories
4 people				**468 kcal**

Stuff that's in it:

• 200G Raw Peeled Prawns

• 600G Chicken Breast (Diced)

• 1Tbsp Oil

• 3 Cloves Garlic

• 200G Onion (Chopped)

• 15G Madras Curry Powder

• 150G Sugar Snap Peas

• 100G Carrot (Chopped)

• 5G Light Brown Sugar

• 2 Spring Onions (Sliced)

• 30Ml Soy Sauce (Reduced Salt)

• 100G Red Pepper (Diced)

• 180G Instant Rice Noodles (Cooked As Per Packet Instructions)

What you do:

Squirt some oil in a large wok and heat, add the chicken and cook for a few minutes until cooked through, add the garlic and prawns in a separate pan and cook until opaque. Remove chicken from wok onto a plate and add the prawns. Add the remaining oil Into the wok, add the sliced onion and madras powder, fry for a

minute, add the snap peas, red pepper, carrot, stir, then add the sugar and a little water, stir fry for a few minutes until softened slightly. Add the prawn and chicken and mix until combined. Add the cooked rice noodles and soy sauce and stir thoroughly, top with spring onions and serve.

Nutrition

- Carbs: 54g
- Fat: 7g
- Protein: 50g

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