



*Active Education in Health & Wellbeing*

### **Teriyaki Chicken or Quorn with Bombay Noodles(serves 4)**

4 Small Chicken Breast diced (or :  
1 x 350g bag Frozen Diced Quorn)  
½ tsp Dried Chilli Flakes  
2tbs x 150ml Light Soy Sauce  
2tbs Clear Honey  
4tbs Apple Juice  
1 Red Onion thinly sliced  
4 Spring Onion thinly sliced  
50g Mangetout chopped in half  
1 Whole Carrot peeled and sliced thinly  
2 tsp Mild Curry Powder  
1 tsp Turmeric  
1 Red Pepper sliced  
4 nests 250g Medium Egg Noodles  
50g Fresh Ginger finely chopped  
1 tsp Chopped Garlic  
1 tbs Bottle Olive Oil  
Water for steaming

#### **Method**

1. Place the chilli flakes, soy sauce, honey and Apple juice into bowl and whisk together to combine. Soak the noodles in a bowl in hot water with the curry powder and turmeric.
2. Place the chicken or Quorn into a clean bowl and add the garlic and ginger and stir together.
3. Heat a non-stick frying pan or saucepan or wok (with lid) until hot with a little oil
4. Sear the chicken in the hot pan for two minutes on each side, add 2 tbs water place the lid on the pan and steam for 90 seconds. Remove the lid carefully
5. Add the red onion to the chicken and steam for a further 1 minute with the lid on.
6. Now remove the lid carefully again and add the mangetout, carrots, peppers, spring onion and teriyaki marinade (honey, soy sauce, apple juice, chilli flakes)
7. Steam with the lid on gently for 2-3 minutes to reduce.
8. Stir the drained noodles through the teriyaki chicken and steam with the lid on for a further 1 minute
9. Remove the lid of the pan carefully and serve in to the centre of four plates.
10. Enjoy.