

SWEET AND SOUR CHICKEN WITH NOODLES AND STIR-FRIED VEGETABLES



2 persons / 562 kcal per person

Ingredients:

- 1 tablespoon olive oil
- 200 grams chicken thigh fillet
- 160 grams of Amsterdam onions (95 grams of onions / 65 grams of liquid from the jar)
- 175 grams tomato frito
- 1 tablespoon ginger syrup
- 125 grams of egg noodles
- 300 grams of Chinese wok vegetables
- pepper and salt
- vinegar
- fresh parsley (if you have this at home)

Preparation:

Cut the chicken thigh fillet into cubes. Heat half the oil in a frying pan and fry the chicken over medium heat for 3 minutes. Halve the Amsterdam onions and add to the chicken together with the liquid, the tomato frito and ginger syrup, bring to the boil and let it stew over low heat for 5 minutes. Meanwhile, cook the noodles for 6 minutes. Heat the rest of the oil in the wok or frying pan and fry the vegetables for 5 minutes over medium heat. Drain the noodles and rinse under cold water and mix with the vegetables. Season with pepper and possibly salt. If necessary, season the salty-sour sauce with some vinegar, pepper or salt. Divide the noodles between 2 plates and divide the sweet and sour chicken on top. Sprinkle with parsley if present.

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Nutritional value per person:

Energy:	562 kcal
Protein:	47.6 grams
Carbohydrates:	63.7 grams
- including sugars:	16.1 grams
Fat:	15.4 grams
Fiber:	7.9 grams
Salt:	1.9 grams