

# CHINESE SPINACH FROM THE WOK WITH EGG NOODLES

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2 persons / 533 kcal per serving

## Ingredients:

- 125 grams egg noodles
- 200 grams chicken thighs
- 1½ tablespoons soy sauce
- 1 onion
- 1½ tablespoons oil
- ¼ tablespoon sambal
- 400 grams ready-to-cook spinach
- ½ tablespoon sesame seeds
- pepper and salt



## Preparation:

Dice the chicken thighs and mix with soy sauce, let it marinate in the fridge for approximately half an hour. Roast the sesame seeds in a dry frying pan and cool on kitchen paper. Peel onions and cut into half rings. Heat oil in a wok and stir fry the chicken in 4 minutes. Add the onion and sambal and stir fry for 2 minutes. Spoon spinach in parts and stir fry. Season with salt and pepper if necessary. Prepare noodles according to instructions and divide over 2 plates. Spoon spinach and sprinkle with sesame seeds.

## Nutritional value per portion:

Energy:	533 kcal
Protein:	35.0 grams
Carbohydrates:	47.2 grams
- including sugars:	2.9 grams
Fat:	20.8 grams
Fiber:	6.3 grams
Salt:	1.7 grams