



**Alström Syndrome UK**  
Strength for today, hope for the future

**Stay Fit, Stay Healthy, Stay Happy**

## **Connor's Cheeky Chicken Chow Mein**



**Preparation Time**  
**5 minutes**

**Cooking Time**  
**10 minutes**

**Serves 2**

[www.alstrom.org.uk](http://www.alstrom.org.uk)

## What will I need?

230g pack of Sweet Chilli Cooked Chicken Breast slices (or Hot N Spicy or Extra Tasty)

320g pack of rainbow stir-fry

200g pack of fresh crunchy beansprouts

2 tablespoons of water

2 tablespoons of cashew nuts

225g pack of fresh rice noodles

Low fat spray vegetable oil

120g packet of Chow Mein Stir Fry sauce

## What will I need to do?

1. Open the packet of rainbow stir-fry veg and place in a colander.

2. Rinse thoroughly under cold running water.

3. Spray the wok or deep non-stick frying pan with 2 or 3 sprays of vegetable oil and heat the wok/pan on a medium heat.

4. Add the pack of rainbow stir-fry and 2 tablespoons of water.

5. Cook for 5 minutes until the veg softens.

6. Whilst the veg is cooking, open the packet

of beansprouts and fresh rice noodles place in a colander. Rinse thoroughly under cold running water.

7. Add the beansprouts and rice noodles to the wok/pan and stir until mixed. Cook for 2 minutes.

8. Add the cooked chicken pieces to the wok/pan.

9. Add the sauce and stir for 3 minutes until heated through.

10. Portion into 2 bowls and add 1 tablespoon of cashew nuts to each bowl before serving.

### Top Tips

**All the ingredients for this recipe can be purchased from main supermarkets. You can add Quorn pieces for a vegetarian option.**

**Using a Low-Fat Spray oil uses less oil in the cooking process than pouring oil from a bottle.**

**You can swap the Stir Fry sauce for 2 tablespoons of Light Soy sauce for less sugar content.**