



**CHLOË BOWLER**  
complete wellbeing

## **CHICKEN & PAK CHOI NOODLES**



### **Ingredients (Serves 2):**

1. 2 breasts of chicken
2. 200g Pak Choi
3. 300g Egg Noodles
4. 1 Red Chilli
5. 1 Onion
6. 1 Clove of Garlic
7. 5cm cubed of Ginger
8. 20ml Soy Sauce
9. 1 Tin of unsweetened Sweetcorn

### **Method:**

1. Heat 2 tbsp of Toasted Sesame Oil in a pan.
2. Chop the onion, ginger, chopped chilli, and garlic and add to the pan.
3. Cut the chicken into strips and place in the hot oil, season and stir well.
4. When the chicken is browned, add the noodles, sweetcorn and bok choy, and stir.
5. Drizzle in the soy sauce, lower the heat and stir through for one minute then serve.

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