

# Purple Carrot

## Cook

### CHICKEN AND VEGETABLE STEAM-FRY WITH NOODLES

SERVES 6 / PREPARE 15 MINS / COOK 20 MINS

#### Ingredients

6-8	Chicken thighs – skinned and deboned	2tbsp	Tamari or Soy Sauce
		1 tbsp	Sesame oil
1	Medium onion	2 tbsp	Sesame Seeds
2	Cloves garlic	3tbsp	Rapeseed oil
2	Medium carrots	2cm	Fresh ginger
500g	Brown Rice Noodles	1	Medium chili (optional)
200g	Mange Tout		Coriander for garnishing
100g	Baby corn		

#### Instructions

**CHICKEN:** Slice the chicken thighs in 1cm strips.

Heat 1tsp rapeseed oil in a lidded frying pan or wok, large enough to fit all the other ingredients later. When hot but not smoking, add 1/3 of the sliced chicken and cook for 2-3 minutes stirring all the time until cooked. Repeat with the rest of the chicken, adding a touch more oil if needed. Reserve in a bowl that will hold the juices.

**NOODLES:** Cook according to packet instructions and refresh under running water. Set side.

**VEGGIES:** Wash the carrots, mange tout and baby corn. Peel and cut the carrots into thin sticks and set aside. Thinly slice the onion and mince the garlic (you can use a processor to do this)

**STIR-FRY:** Heat 1 tbsp rapeseed oil in the same wok or heavy frying pan with lid and once hot (but not smoky) add the garlic, onion, ginger and, if using chilli, stirring continuously for a minute or so they don't burn. Add carrots, mange tout and baby corn and continue to fry for another 2 minutes. Add a splash more oil if needed.

**STEAM-FRY:** Now, finish cooking your veggies with steam. Add a splash of water and clamp the lid on your wok or frying pan. Check after a minute or so and add a bit more water while stirring the veg. Repeat this a couple more times until the veg are tender but still have a bit of a bite.

Add the noodles and a splash of water before giving it another good stir. Cook for another minute with the lid on and then add the chicken, sesame seeds, sesame oil and soy sauce. Mix well and cook for another minute or so. Garnish with some coriander and some chopped chillies (optional) and serve.



#### Nutrifacts



**Carrots** are high in FIBRE that helps intestinal health & transit **Carrots and red peppers** contain VITAMIN C that supports the immune system and B CAROTENE a powerful antioxidant. Our bodies can produce VITAMIN A from  $\beta$  CAROTENE to support vision.

**Onions** contain FIBRE to help intestinal transit and prebiotics which feed the beneficial bacterial in your gut.

**Garlic** is high in an important antioxidant, VITAMIN C which also supports the immune system. Laboratory tests indicate that garlic has anti-inflammatory properties and may help MODULATE THE IMMUNE SYSTEM.

**Rapeseed oil** is LOW in SATURATED FAT AND HIGH IN OMEGA-6 essential fatty acids.

**Chicken** contains PROTEIN to help your body heal and grow and it is quite low in saturated fat if you avoid the skin. Chicken is high in niacin, a B vitamin essential for energy production, metabolism and production of serotonin, which regulates mood, appetite and sleep, and glucose tolerance factor(GTF) which enhances insulin activity in taking glucose into cells to produce energy.