



Chicken, Kale & Ginger Stir Fry

Serves: 4

Preparation time: 10 minutes

Cooking time: 10 minutes

- 200g bag ready prepared kale
- 1 tbsp oil
- 500g chicken breast, sliced
- 2cm piece root ginger, grated
- 1 carrot, cut into matchsticks (120g)
- 1 red pepper, sliced (180g)
- 2 tbsp hoisin sauce
- 2 tbsp soy sauce

Method:

Cook the kale in boiling water for 5 minutes then drain.

Meanwhile, heat the oil in a large frying pan or wok and fry the chicken for 5 minutes. Add the ginger, carrot and pepper and fry for 3 minutes. Add the kale, hoisin and soy with 2 tbsp water and stir fry for 2-3 minutes or until the chicken is thoroughly cooked.

Serve with freshly cooked noodles.

Nutritional information:

- 285kcal
- 39g protein
- 9.6g fat (of which 0.6g saturated fat)
- 9.7g carbohydrate (of which 8.6g sugar)
- 3.1g fibre
- 1.6g salt