



## Chicken Sesame Noodles

### Ingredients

- g MAGGI 2-Minute Chicken Noodles
- tsp Oil, cottonseed, salad or cooking
- g Broccoli, raw
- g Mushrooms, White, Raw
- tsp Soy sauce, reduced sodium, made from hydrolyzed vegetable protein
- g Chicken, broilers or fryers, meat only, roasted
- g Edamame, frozen, prepared
- g Onions, Spring Or Scallions (Includes Tops And Bulb), Raw

### Instruction

1. Remove flavour sachet and cook MAGGI 2-Minute Chicken Flavour Noodles according to packet instructions; drain and set aside.
2. Meanwhile, heat oil in a large frypan on high heat and fry broccoli florets for 2 minutes, add mushroom fry for 3 minutes or until browned, add flavour sachet and soy sauce to pan along with shredded chicken. Add noodles, tahini and edamame; mix well.
3. Serve garnished with spring onions

### Nutrition

Carbohydrates	24.28 g
Energy	235.73 kcal
Fats	8.93 g
Protein	16.9 g

8 Minutes

4 Portions