



Teriyaki Chicken & Sesame Stir Fry

Ingredients

- 1 pkt MAGGI Teriyaki Stir Fry
- 2 pkts Maggi 2 Minute Noodles Beef Wholegrain
- 500 g Chicken breasts, sliced thinly
- 1 tbsp Oil
- 2 Sprigs Spring onions
- 2 cups Broccoli Florets
- 200 g Red Capsicum
- 1 tbsp Roasted sesame seeds

Instruction

1. In a medium size bowl combine MAGGI Teriyaki Stir Fry Infusion Paste and chicken, set aside. Meanwhile cook MAGGI 2 minute noodles following packet directions discarding flavour sachet; drain, rinse under cold water, set aside
2. Heat wok over high heat, add oil. Add chicken to pan, cook for 5 mins. Add onions, broccoli and capsicum to pan, stir through & cook for 3 minutes.
3. Add reserved noodles and MAGGI Teriyaki Stir Fry Finishing Sauce into pan, stir through, cook for a further 2 minutes or until heated through and serve. If desired top with toasted sesame and fresh coriander

Nutrition

Carbohydrates	30.03 g
Energy	286.51 kcal
Fats	7.4 g
Protein	23.19 g

🕒 17 Minutes

⊕ 6 portions