



## Chicken in a bag

 Dairy Free

READY IN



30 min.

SERVINGS



4

CALORIES



655 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

## Ingredients

- 4 fillet chicken breast boneless skinless
- 350 g savory vegetable prepared (from the chiller cabinet)
- 100 ml sauce sweet sour such as black bean, and or thai
- 600 g soup noodles
- 4 servings soya sauce

## Equipment

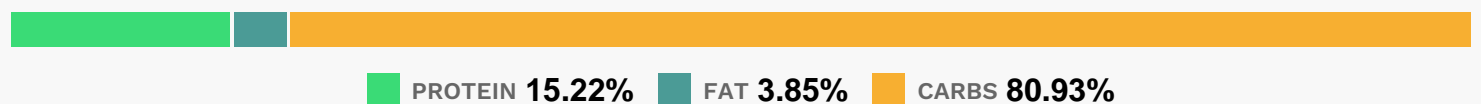
- bowl
- baking paper

microwave

## Directions

- To make the bags, cut four large pieces of parchment paper, each about 35cm/14in square.
- Cut the chicken into strips. Tip the vegetables and stir-fry sauce into a large bowl and mix well.
- To fill the bags, add the chicken and noodles and mix well. Pile a quarter of the mixture in the middle of each piece of parchment paper. Make a parcel by folding two sides of the paper into the centre and folding them together to seal, then folding and tucking under the cut paper edges. Repeat with the rest of the paper and ingredients, then put them in the fridge (they will keep there for up to a day).
- Microwave the parcels one at a time on High (850W) for 5–6 minutes.
- Serve with soy sauce for splashing.

## Nutrition Facts



## Properties

Glycemic Index:25.5, Glycemic Load:48.88, Inflammation Score:-10, Nutrition Score:24.173043460626%

## Nutrients (% of daily need)

Calories: 654.94kcal (32.75%), Fat: 2.79g (4.29%), Saturated Fat: 0.51g (3.18%), Carbohydrates: 131.86g (43.95%), Net Carbohydrates: 123.42g (44.88%), Sugar: 10.09g (11.21%), Cholesterol: 0.64mg (0.21%), Sodium: 1356.77mg (58.99%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 24.8g (49.61%), Selenium: 95.61µg (136.59%), Vitamin A: 4443.55IU (88.87%), Manganese: 1.68mg (83.95%), Phosphorus: 360.63mg (36.06%), Fiber: 8.44g (33.78%), Magnesium: 107.96mg (26.99%), Copper: 0.54mg (26.97%), Vitamin B3: 4.46mg (22.3%), Iron: 3.21mg (17.85%), Zinc: 2.59mg (17.28%), Vitamin B6: 0.34mg (17.02%), Vitamin B1: 0.25mg (16.87%), Potassium: 561.86mg (16.05%), Folate: 55.65µg (13.91%), Vitamin B2: 0.19mg (11.34%), Vitamin C: 9.11mg (11.04%), Vitamin B5: 0.87mg (8.71%), Calcium: 57.03mg (5.7%), Vitamin E: 0.17mg (1.11%)