



Lemon chicken with spring veg noodles



Gluten Free



Dairy Free

READY IN



20 min.

SERVINGS



2

CALORIES



411 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- ☐ 1 tbsp unrefined sunflower oil
- ☐ 2 chicken breast skinless cut into strips
- ☐ 1 lemon zest
- ☐ 1 tbsp sugar
- ☐ 2 tbsp ginger fresh grated
- ☐ 2 tsp cornstarch
- ☐ 125 g sheets pumpkin puree dried
- ☐ 4 spring onion sliced

- ☐ 1 tbsp roasted cashews
- ☐ 200 g frangelico frozen
- ☐ 200 g frangelico frozen

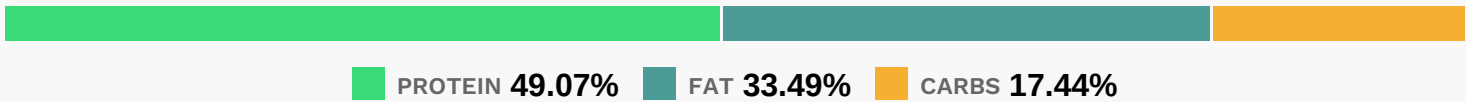
Equipment

- ☐ bowl
- ☐ frying pan
- ☐ whisk

Directions

- ☐ Heat the oil in a non-stick pan, then fry the chicken for 5 mins until almost cooked. Tip onto a plate.
- ☐ Pour 250ml water into the pan with the lemon zest and juice, sugar and ginger. In a bowl, mix the cornflour with a little water until smooth, then whisk into the pan. Bring to the boil, stirring, then add the chicken to the sauce. Reduce the heat. Bubble for a few mins until chicken is cooked and the sauce thickened.
- ☐ Meanwhile, cook the noodles and veg together in boiling water for 4 mins, then drain. Toss together the chicken, noodles, veg and spring onions; serve scattered with nuts.

Nutrition Facts



Properties

Glycemic Index:58.55, Glycemic Load:4.72, Inflammation Score:-10, Nutrition Score:32.588695577953%

Flavonoids

Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg, Kaempferol: 0.33mg Quercetin: 2.56mg, Quercetin: 2.56mg, Quercetin: 2.56mg, Quercetin: 2.56mg

Nutrients (% of daily need)

Calories: 410.86kcal (20.54%), Fat: 15.15g (23.31%), Saturated Fat: 2.48g (15.5%), Carbohydrates: 17.75g (5.92%), Net Carbohydrates: 14.71g (5.35%), Sugar: 9.07g (10.08%), Cholesterol: 144.64mg (48.21%), Sodium: 271.14mg (11.79%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 49.94g (99.88%), Vitamin A: 10035.46IU (200.71%), Vitamin B3: 24.05mg (120.26%), Selenium: 73.38µg (104.83%), Vitamin B6: 1.77mg (88.49%), Vitamin K: 62.01µg

(59.06%), Phosphorus: 529.42mg (52.94%), Vitamin B5: 3.56mg (35.65%), Potassium: 1089.52mg (31.13%), Vitamin E: 4.16mg (27.77%), Magnesium: 92.64mg (23.16%), Vitamin B2: 0.29mg (17.26%), Vitamin C: 14.07mg (17.05%), Iron: 2.4mg (13.31%), Copper: 0.26mg (13.16%), Vitamin B1: 0.19mg (12.33%), Fiber: 3.04g (12.17%), Zinc: 1.78mg (11.9%), Manganese: 0.22mg (10.91%), Folate: 36.03µg (9.01%), Vitamin B12: 0.45µg (7.53%), Calcium: 52.01mg (5.2%), Vitamin D: 0.23µg (1.51%)