



Pick & mix noodle plate

 Dairy Free

READY IN



35 min.

SERVINGS



4

CALORIES



345 kcal

SIDE DISH

LUNCH

MAIN COURSE

MAIN DISH

Ingredients

- ☐ 2 chicken breast skinless trimmed cut into finger-length strips
- ☐ 1 eggs beaten
- ☐ 50 g breadcrumbs
- ☐ 200 g eggs
- ☐ 2 tbsp olive oil
- ☐ 4 spring onion chopped
- ☐ 0.5 cucumber
- ☐ 1 large carrots

☐ 4 servings barbecue sauce for dripping

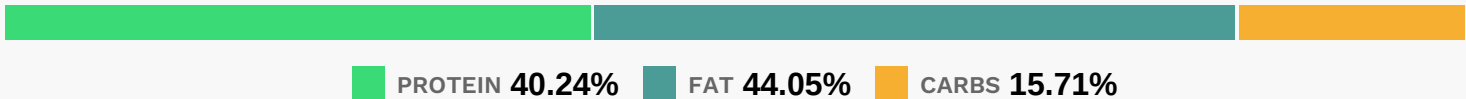
Equipment

- ☐ baking sheet
- ☐ oven
- ☐ pot
- ☐ peeler

Directions

- ☐ Heat oven to 200C/fan 180C/gas
- ☐ Dip the meat strips into the beaten egg, drain off the excess, then roll in breadcrumbs to coat. (I like to use ciabatta as theres already olive oil in it, so you dont need to add any.)
- ☐ Place on a non-stick baking sheet and bake for 15-20 mins or until crisp and cooked through.
- ☐ Meanwhile, cook the noodles according to pack instructions.
- ☐ Drain and toss with olive oil and spring onions. Using a vegetable peeler, shave the cucumber and the carrot into ribbons. Pile the noodles onto serving plates along with the carrot and cucumber. Put a few chicken or pork strips alongside, and serve with a little pot of hoisin, plum or barbecue sauce for dipping.

Nutrition Facts



Properties

Glycemic Index:23.46, Glycemic Load:0.84, Inflammation Score:-9, Nutrition Score:24.545652161474%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg, Luteolin: 0.03mg Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg, Kaempferol: 0.21mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 1.32mg, Quercetin: 1.32mg, Quercetin: 1.32mg, Quercetin: 1.32mg

Nutrients (% of daily need)

Calories: 344.74kcal (17.24%), Fat: 16.52g (25.42%), Saturated Fat: 3.68g (23.01%), Carbohydrates: 13.26g (4.42%), Net Carbohydrates: 11.61g (4.22%), Sugar: 2.98g (3.31%), Cholesterol: 299.24mg (99.75%), Sodium: 334.73mg (14.55%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 33.96g (67.92%), Selenium: 58.18µg (83.11%), Vitamin A: 3519.26IU (70.39%), Vitamin B3: 12.92mg (64.6%), Vitamin B6: 1.02mg (50.86%), Phosphorus: 397.52mg (39.75%), Vitamin K: 35.38µg (33.7%), Vitamin B2: 0.47mg (27.77%), Vitamin B5: 2.76mg (27.64%), Potassium: 670.89mg (19.17%), Vitamin B1: 0.25mg (16.53%), Folate: 62.94µg (15.73%), Vitamin E: 2.08mg (13.85%), Iron: 2.45mg (13.61%), Vitamin B12: 0.81µg (13.54%), Magnesium: 51.26mg (12.82%), Zinc: 1.78mg (11.86%), Manganese: 0.22mg (11.12%), Vitamin D: 1.33µg (8.89%), Calcium: 82.92mg (8.29%), Copper: 0.15mg (7.59%), Vitamin C: 5.88mg (7.13%), Fiber: 1.65g (6.6%)