

# Soba Noodles with Chicken & Vegetables

Serves 6

## You will need:

- ½ cup fat free. Less-sodium chicken broth
- 3tbsp low-sodium soy sauce
- 2tbsp oyster sauce
- 2tbsp mirin (sweet rice wine, found in Tesco)
- 1tsp sriracha (hot chilli sauce)
- 1 package soba (buckwheat noodles)
- 1tbsp rapeseed oil
- 1tsp minced garlic
- 1tsp grated peeled fresh ginger
- 450g chicken breast tenders
- 2 large courgettes, cut into julienne strips
- 1 large carrot, cut into julienne strips
- 1tbsp sesame seeds, toasted



## What to do:

1. Combine chicken broth, soy sauce, oyster sauce, mirin and sriracha in a small bowl.
2. Prepare noodles according to directions on package, omitting salt and fat. Drain and rinse with cold water.
3. Heat rapeseed oil in a large non-stick pan over a medium-high heat. Add garlic, ginger and chicken broth to pan, sauté for 3 minutes, stirring constantly.
4. Add noodles, cook for 2 minutes or until thoroughly heated, tossing well.
5. Sprinkle with sesame seeds.