



## Super Fast Stir Fried Chicken with Pasta & Vegetable

(As an alternative Salmon, Tuna, or Halibut can be used. 6oz = 170.10g) Serves One

### Ingredients:

- 1 breast of chicken.
- 4 cups of pasta
- frozen vegetables
- 1 cup tomato
- salt and pepper
- flour (for dusting chicken)
- lemon juice
- as an alternative to tomato sauce  
add ½ cup soya sauce.



### Method:

1. Boil water in kettle; pour boiling water into pot, place on stove, and turn heat to maximum, pour in pasta. Cook till pasta is al dente, rinse in cold water. Refill kettle and boil water.
2. Cut chicken into small cubes, season with salt, pepper and lemon juice, and dust with flour.
3. Place fry pan or wok on heat, add oil and when oil is hot place the chicken in the pan and sear one side and turn chicken.
4. Strain pasta in colander, add frozen vegetables to colander, and pour boiling water from the kettle over vegetables and pasta.

5. Place heated vegetables and pasta to fry pan, add tomato sauce, stir with a wooden spoon.
6. Keep stirring, check that chicken is cooked cut the largest cube, if it's pink you require a few more minutes of cooking.
7. Check seasoning add more salt and pepper if needed.

## What you'll need:



**Enjoy!**