



Low FODMAP Asian Chicken Noodle Salad

Serves: 4

Prep: 10 minutes

Cook: 20 minutes



Stack Cup

Ingredients	Metric	Imperial
1 large packet rice noodles	250 g	8.8 oz
Skinless chicken breast, diced	500 g	17.6 oz
1 tbsp garlic-infused olive oil	18 g	0.6 oz
1 red capsicum, julienned	225 g	7.9 oz
½ green capsicum, julienned	113 g	4.0 oz
2 medium carrots, julienned	150 g	5.3 oz
½ bunch spring onions, green tops only, sliced	8 g	0.3 oz
¼ cup oyster sauce	62 g	2.2 oz
¼ cup soy sauce	62 g	2.2 oz
1 tbsp fish sauce	20 g	0.7 oz
1 tsp brown sugar	5 g	0.2 oz
1 tsp crushed ginger	5 g	0.2 oz
1 tsp red chilli flakes	2 g	0.07 oz
½ cup crushed peanuts	65 g	2.3 oz

Method

1. Julienne capsicums and carrots and chop spring onion tips, set aside.
2. Cook rice noodles according to packet instructions, drain and set aside to cool.
3. In a small jug, add oyster sauce, soy sauce, fish sauce, brown sugar, crushed ginger and chilli flakes and stir to combine, set aside.
4. Heat oil in large wok, add diced chicken and sauté until browned and cooked thoroughly.
5. Turn off heat and add cooked rice noodles, sauce and julienned capsicum and carrot to the wok, stir to combine.
6. Divide noodle salad into four bowls and garnish with spring onion tips and crushed peanuts.

Hints

- Use salt reduced soy sauce and oyster sauce if available.
- This recipe can be enjoyed as both a hot or cold dish.

Nutrition Information (per serve)	
Energy	1826 Kj / 436 cal
Protein	42.80g
Carbohydrates	27.10g
Sugar	15.30g
Total Fat	17.20g
Saturated Fat	3.30g
Fibre	5.20g