

# All About Wholegrains ... Chicken & Vegetable Buckwheat Noodles



Serves: 4 pax

INGREDIENTS	NUTRITIONAL INFORMATION (per serving)	
<ul style="list-style-type: none"> <li>• 250g uncooked buckwheat noodles</li> <li>• 250g lean chicken, sliced into strips</li> <li>• 50g cabbages</li> <li>• 50g French beans</li> <li>• ¼ of red, yellow, green capsicum each</li> <li>• 2 Tbsp rice bran oil</li> <li>• 2 tsp ginger, minced</li> <li>• <u>Sauce Mix</u> 2 Tbsp light soy sauce 1 tsp sugar 2 Tbsp water</li> </ul> <p><u>Garnish:</u> Spring onions &amp; sesame seeds</p>	Energy (kcal)	240
	Carbohydrate (g)	18
	Protein (g)	17
	Fat (g)	10
	• Saturated Fat (g)	2
	• Polyunsaturated Fat (g)	3
	• Monounsaturated Fat (g)	4
	Cholesterol (mg)	37
	Dietary Fibre (g)	1.2
	Sodium (mg)	277
	Potassium (mg)	280
Phosphate (mg)	205	

## Methods

1. Cook buckwheat noodles according to package instructions. Rinse with cold water and drain thoroughly.
2. To make sauce, combine soy sauce, sugar and two tablespoons of water.
3. Heat one tablespoon of rice bran oil in a frying pan, add chicken strips and stir fry over high heat until cook through. Set aside.
4. Add remaining oil to the frying pan, fry ginger until fragrant. Add rinsed vegetables and continue to stir until tender crisp. Add cooked noodles, chicken and sauce mixture. Toss until combined.
5. Garnish dish with spring onions and sesame seeds.

### NUTRITION & DIETETICS DEPARTMENT

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