CHICKEN CHOW MEIN

- 20g Fettuccine - NICK’S GREEN SOYBEAN
- 10g Beansprouts - mung
- 10g Carrots
- 10g Green capsicum peppers
- 36g Chicken – light meat
- 3g Sesame oil
- 3g Soy sauce – BLUE DRAGON brand – light
- 20g Peanut oil (groundnut)
- 2g Rice vinegar

You will also need 1-2 DROPS of liquid sweetener, ¼ teaspoon of GIA garlic paste and a pinch of 5 spice powder.

Cut the chicken in to strips, cut the carrot and green pepper in to strips.
Stir the soy sauce and Gia paste in to the chicken and leave to marinate for 10 minutes.
Prepare the fettuccine as directed on the packet (do not over cook), rinse in cold water and set aside.
Heat the groundnut oil in a pan and fry the chicken on a high heat, stirring all the time, it will cook in less than 5 minutes.
Add the sliced carrot and peppers, cook for 2 minutes then add the beansprouts with the 5 spice powder, rice vinegar and sweetener, cook for a further 2 minutes.
Add the fettuccine and cook quickly to reheat, then sprinkle with the sesame oil. Serve

Mo’s tip: this dish is best served with the vegetables undercooked, but if you prefer them softer that is fine!
Take care not to use more that 1 or 2 drops of sweetener.

PLEASE ENSURE YOU CHECK PRODUCT LABELS FOR VALUES.

This recipe will need to be adapted to EACH INDIVIDUALS prescription. Please take this recipe to your dietitian and he / she will help you to do this.

PLEASE DO NOT ATTEMPT ANY TYPE OF KETOGENIC DIET WITHOUT MEDICAL SUPERVISION

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