

Recipe Name: Hot and Spicy Chicken Curry Noodles Recipe

Diet Type: Non-Vegetarian

Course: Lunch

Cuisine: Chinese

Quantity: 1 bowl



Ingredients

Ingredient	Quantity
• 1 teaspoon Sunflower Oil - saffola active	4
• 3 Spring Onion Greens - finely chopped	
• 4 cloves Garlic - finely chopped	
• 2 inch Ginger - thinly sliced	
• 2 teaspoon Sriracha sauce	
• 100 grams Tofu - cut into small cubes	
• 250 grams Chicken breasts - cut into small pieces	
• 40 grams Rolled Oats Or Instant Oats	
• 40 ml Coconut milk	
• 200 grams Egg noodles - boiled	
• Red Chilli powder - to taste	
• Salt - to taste	

Preparation

- To begin making the Hot and Spicy Chicken Curry Noodles recipe, first boil the noodles and keep aside.
- In a heavy bottomed pan, heat oil and fry the spring onion, ginger and garlic until lightly browned.
- Add the sriracha sauce, salt and 1 cup of water and c.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
550	35	60	20	4	8