

Cashew Noodles



PREPARATION

1. Cut the vegetable and the chicken into very thin strips.
2. Heat the coconut oil in a wok and add all the vegetables except then bean sprouts, stir constantly until golden brown.
3. Add the bean sprouts to the wok together with the soy sauce. Stir well and when the bean sprouts are cooked, reserve all food in a container and cover.
4. Fry the chicken strips in the same wok and save them with the vegetables.
5. Add the egg to the wok, stir and save it along with the vegetables and chicken.
6. Cook the noodles according to the instructions on the packet.
7. When the noodles are ready, mix them with the rest of the ingredients and add the crushed cashews on top.

INGREDIENTS

- 1 pack of noodles
- ½ green pepper
- ¼ zucchini
- 100 g of bean sprouts
- 1 carrot
- 4 scallions or green onions
- 1 egg
- 200 g of chicken breast
- 2 tsp. soy sauce
- 2 tsp. coconut oil
- 1 glass of water
- Crushed cashews (a handful)