



CHLOË BOWLER
complete wellbeing

CHICKEN SATAY NOODLES



Ingredients (Serves 2):

1. 1 Onion
2. 1 Clove of Garlic
3. ¼ Red Chilli
4. 200g chopped chicken breast
5. 200g egg noodles
6. 200g spinach
7. 2 tbsp crunchy peanut butter

Method:

1. Start by chopping the onion, chilli and garlic and add to a pan with some olive oil.
2. Add the chicken and stir until cooked through.
3. Boil some water and mix with the peanut butter in a jug.
4. Once the chicken is cooked, throw in the noodles and spinach.
5. Lastly pour in the peanut butter and water mixture and stir well.
6. Season and serve.

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